

ACTIVITY GUIDE



FALL 2025



Alameda Recreation And Park Department
(510) 747-PLAY • www.alamedaca.gov/recreation
Camps • Classes • Events • Parks • Services • Sports • more

ARPD - CITY DIRECTORY & CONTENTS



Alameda City Council

Marilyn Ezzy Ashcraft	Mayor
Michele Pryor	Vice Mayor
Greg Boller	Councilmember
Tony Daysog	Councilmember
Tracy Jensen	Councilmember

Alameda City Manager

Jennifer Ott	City Manager
Amy Wooldridge	Assistant City Manager

Rec and Park Commission

Wesley Radez	Chair
Drew Swartz	Vice Chair
Adrienne Alexander	Member
Kareem Burney	Member
Eric Robbins	Member

Golf Commission

Lynn Jones	Chair
Ed Downing	Vice-Chair
Lily Boris	Member
Hamill Serrant	Member
Clifford Tong	Member

Commission Meetings

Golf Commission

Meets 2nd Tuesday at 6:30pm,
every other month
(Jan, Mar, May, July, Sept, Nov)
City Hall, Room 360

Mastick Senior Center Advisory Board

Meets 3rd Wednesday at 9:30am
Mastick Senior Center,
1155 Santa Clara Ave, Room D

Recreation & Park Commission

Meets 2nd Thursday at 7:00pm
City Hall Council Chambers
Everyone welcome.
Also televised live on Channel 15

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MESSAGE FROM THE DIRECTOR

Dear Alameda Community –

We're excited to welcome you to another season of fun, connection, and discovery with our Fall Activity Guide. Whether you're interested in fitness classes, youth sports, cultural programs, or outdoor adventures, there's something here for everyone. Fall is the perfect time to explore new interests, meet neighbors, and enjoy the beauty our community has to offer.

We're proud of the diverse programs we've assembled this season and the dedicated staff and volunteers who bring them to life. Enjoy the many special events this summer and fall. As always, our mission is to enrich lives by providing safe, welcoming spaces and meaningful recreation opportunities for all ages and abilities.

While you're enjoying the fall season, please remember to help keep our parks safe and pleasant for everyone by keeping your dogs on leashes at all times. It's a small act that makes a big difference – for fellow park users, wildlife, and your furry friends.

Wishing you a healthy and active fall season!

Warm regards,
Justin Long, Director of Recreation and Parks



ARPD Staff

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Daria Nyberg	Recreation Assistant
510-747-7552 dnyberg@alamedaca.gov	

Contact Us!

Website & Online Registration	www.alamedaca.gov/recreation
Email	arpd@alamedaca.gov
Facebook	www.facebook.com/playARPD
Phone	510-747-PLAY (7529)
Fax	510-523-4071
Hours	Monday - Friday: 8:30am - 5:30pm
Park and Facility Issues	After Hours 510-775-5459
Field Condition Hotline	After 2pm 510-747-7540
Mastick Senior Center	510-747-7500
Parks & Facilities	See page 55

ADAPTATIONS & ACCESSIBILITY

Should you need support accessing Recreation & Parks facilities or programs, or would like to request special accommodations for those with a disability and/or special needs, please contact Morace McKay, Recreation Manager at 510-747-7510.

FINANCIAL ASSISTANCE AVAILABLE

Financial Assistance is available for families who qualify.
Up to 75% in assistance is available for Youth Programs, Camps and Classes.
To learn more, or to apply, visit the ARPD website: www.alamedaca.gov/recreation.
Printed copies of our Financial Assistance Program Procedures and Application are available at the ARPD office during regular business hours.

Online Reservation

Availability Calendar for:

- Bocceball
- Picnic Tables
- Recreation Centers

www.alamedaca.gov/recreation

COMMUNITY - DIRECTORIES & HOTLINES

CITY DEPARTMENT DIRECTORY

EMERGENCY (Life or Property at Risk)	911
City Information	510-747-7400
City Attorney	510-747-4750
City Clerk & City Council	510-747-4800
Mayor's Office	510-747-4701
City Manager's Office	510-747-4700
Alameda Municipal Power (AMP)	510-748-3900
Base Reuse and Economic Development	510-747-6890
Finance	510-747-4881
Fire (Non-Emergency Only)	510-337-2100
Corica Park	510-747-7800
Housing Authority	510-747-4300
Housing and Human Services	510-747-6890
Human Resources	510-747-4900
Job Opportunities	www.governmentjobs.com/careers/alamedaca
Information Technology (IT)	510-747-7412
Library	510-747-7777
Media Contact	510-747-4714
Planning, Building and Transportation	510-747-6800
Police (Non-Emergency Only)	510-337-8340
Anonymous Tip Line	510-337-8450
Animal Services	510-337-8562
Animal Control (After Hours)	510-337-8340
Public Works	510-747-7930
Maintenance Services (Streets, Sidewalks, Non-Park Issues)	510-747-7900
Rent Program	510-747-7520

HOTLINES

Transportation Hotline **www.511.org or call 511**

511 is a one-stop phone and web source for up-to-the-minute Bay Area traffic, transit, rideshare, and bicycling information. It's FREE and available whenever you need it – 24 hours a day, 7 days a week – from anywhere in the nine-county Bay Area.

Information & Referral Assistance Hotline - 211

Need Help? Get answers by simply dialing 211. 211 is a free, non-emergency, confidential, three-digit phone number and service (www.211alamedacounty.org) that provides easy access to housing information and critical health and human services. 211 operates 24 hours a day, seven days a week with multi-lingual capabilities.

DONATE NOW!
Support Alameda Parks



COMMUNITY DIRECTORY

AC Transit	www.actransit.org
Alameda Adult School	www.adult.alamedaunified.org
Alameda Boys and Girls Club	www.alamedabgc.org
Alameda Chamber & Economic Alliance	www.alamedachamber.com
Alameda Education Foundation	www.alamedaeducationfoundation.org
Alameda Family Services	www.alamedafs.org
Alameda Family Services – Head Start	www.alamedafs.org/support-main.html
Alameda Food Bank	www.alamedafoodbank.org
Alameda Friends of the Parks Foundation	www.alamedaparks.org
Alameda Health System (Alameda Hospital)	www.alamedahealthsystem.org
Alameda Historical Museum	www.alamedamuseum.org
Alameda Holiday Boutique	www.alamedaholidayboutique.org
Alameda Meals on Wheels	www.alamedamealsonwheels.org (510-865-6131)
Alameda One Stop Career Center – COA	www.alameda.edu/students/college-of-alameda-career-and-employment-center
Alameda Point Collaborative	www.apcollaborative.org
Alameda Professional Child Care Assoc	www.alamedapcca.org
Alameda Unified School District	www.alamedaunified.org
American Red Cross	www.redcross.org
Bananas	www.bananasbunch.org
Building Futures	www.bfwc.org
California Historical Radio Society	www.californiahistoricalradio.com
California State Park Info and Reservations	www.parks.ca.gov
Center for Independent Living	www.centerforindependentliving.org (510-841-4776 / 510-356-2662)
College of Alameda	www.alameda.edu
Doug Siden Visitor Center at Crab Cove	www.ebparks.org/parks/visitor-centers/crab-cove
East Bay Paratransit	www.eastbayparatransit.org
East Bay Regional Park District	www.ebparks.org
Girls Inc. of the Island City	www.girlsincislandcity.org
Rhythmix Cultural Center	www.rhythmix.org
USS Hornet Foundation Museum	www.uss-hornet.org

COMMUNITY SPORTS

Aeronautics – Tethered Model Airplane Flying	rbush88@juno.com
Alameda Attack Lacrosse Club	www.alamedalacrosse.sportngin.com
Alameda Babe Ruth Baseball	www.alamedababerruth.com
Alameda Dragon Flyers Dragon Boat Team	www.alamedadragonflyers.com
Alameda Gators Swim Team	www.teamunify.com/team/alga/page/home
Alameda Girls Softball Association	www.alamedagsa.com
Alameda Little League	www.alamedalittleleague.org
Alameda Soccer Club	www.alamedasoccer.org
Alameda Swimming Pool Association	www.teamunify.com/Home.jsp?_tabid_=0&team=psaspa
Alameda Vipers Basketball Club	www.alamedavipers.com
Alameda Wolverines Football	www.afawolverines.com
Alameda Youth Basketball	www.alamedayouthbasketball.club
Artemis Rowing	www.artemisrowingclub.org
Corica Park	www.coricapark.com
Special Olympics (Alameda)	www.sonc.org/programs/community-sports-programs/county/alameda

COMMUNITY EVENTS

Dive-In Movie in the Pool

Sky High: Friday, July 18, Encinal Swim Center

Registration is Open - \$15/person (pre-registration is required)

Grab your capes, masks, and floaties – it's time for a heroic night at the pool! Doors open at 6:30pm for Family Swim, crafts, and games that will unleash your inner superhero. Splash around with fellow heroes or chill in the pool before the big show!

Bring your own rafts, rings, or super-floaties to kick back in the water while watching a super-powered movie under the stars! The movie starts between 8:15-8:45pm (as soon as darkness strikes).

Snacks and heroic treats will be available, lifeguards will keep watch, and deep-end swim tests will be offered for those brave enough to take the plunge. Don't forget your chairs, blankets, and best superhero gear – it's going to be a legendary night of action and adventure!

Starlight Movies in the Park

The Wild Robot: Friday, July 25, Multi-Purpose Field

Mufasa: The Lion King: Friday, August 22, Multi-Purpose Field

Sonic the Hedge Hog 3: Friday, September 26, Leydecker Field

Free Starlight Movies in the Park will continue this summer for all families to enjoy. The event starts at 6:30pm, with pre-show festivities including games and crafts for kids. The featured movie begins between 8:15-8:45 p.m., depending on darkness. Snacks and food are available, with proceeds supporting the Alameda Youth Committee and Teen Programs. Bring your own chairs and blankets and enjoy a film under the stars.

50th ANNUAL ELKS HOOP SHOOT COMPETITION

October to December, Free! Friday, Dec 12, 2025

A national event, this contest is sponsored locally by the Alameda Elks Lodge 1015 and conducted by the Alameda Recreation and Park Department. Over three million youth from throughout the country enter the competition yearly.

This free competition is held at Alameda Parks and Alameda Point Gym during program hours. The event is open to boys and girls 8 to 13 years-old who attend a school or reside in the city of Alameda.

The contest consists of shooting free throws. Each contestant has 25 shots at the hoop. A child may compete as many times as he or she wishes. Classifications are as follows:

Class A: 12 to 13 year-olds

This division is open to youth who do not reach their 14th birthday before April 1, 2026.

Class B: 10 to 11 year-olds

This division is open to youth who do not reach their 12th birthday before April 1, 2026.

Class C: 8 to 9 year-olds

This division is open to youth who do not reach their 10th birthday before April 1, 2026. (Seven year olds who turn 8 prior to April 1, 2026 will be eligible in this category.)

The winners in each division will go on to represent the City of Alameda and the Alameda Elks at the District Shoot-Off in mid-January, 2026.



AQUATIC EVENTS

4th of July SWIM

2-5PM

*Registration fee: \$15.

July 18th, 2025

Join ARPD this summer for our Annual Dive-In Movie! We will be watching Sky High!

DOORS OPEN AT 6:30P, MOVIE STARTS AT 8:30P

*Registration fee: \$15.



RHYTHMIX IN THE PARKS

RISEING SEAS FINALE

August 23 • 1-4PM

Bohol Circle
Immigrant Park

UNITY FEST

September 20

Chochenyo Park

SCAN FOR INFO

For more info visit: **RHYTHMIX.ORG**

alameda park district

ALL AGES - COMMUNITY EVENTS



FAMILY FUN RIDE AROUND ALAMEDA



SATURDAY, SEPTEMBER 27, 2025
Leydecker Park

Check-in: 9:00 am • Ride: 10:00 am

Before August 31: ADULTS (18+ YEARS) - \$10 • CHILD (17 and under) - \$5
After August 31: ADULTS - \$20 • CHILD - \$10






See and Tour Beautiful Harbor Bay!
Fun for the Whole Family!
Support Alameda Parks & Their Programs!



**FAMILY FUN RIDE
AROUND
ALAMEDA**

Your participation supports OUR Alameda Parks! Thank you!

For more information and to register, go to:
WWW.ALAMEDAPARKS.ORG/FUN-RIDE


**ALAMEDA
BICYCLE**



EXELIXIS


LINDA G. HANSON
Mayor of the City of Alameda

Become a
Sponsor of
Family Fun Ride
2025
Contact us at
ffr@alamedaparks.org

Scan here & go to the
Family Fun Ride Page
for more info



Sponsors

TURKEY DIP 25 THANKSGIVING

NOVEMBER 27TH



COST: \$6

THE FIRST SWIM STARTS AT 7:30 AM IN THE
COMP POOL.
30 MIN SWIM TIME SLOTS
FAMILY POOL OPENS AT 9:30 AM
REGISTRATION STARTS:
MONDAY, NOV. 10 AT 9 AM
MOVE YOUR FEET BEFORE YOU EAT

OCTOBER 25TH
ENCINAL SWIM CENTER



**PUMPKIN PATCH
POOL PARTY**


REGISTRATION
ONLINE OCT 1

SPACE IS LIMITED
FEE \$15.00

NORTH POLE SWIM

PHOTOS WITH SANTA
SWIM WITH SANTA
December 14th

\$15 per person
12-3pm
COCOA
CRAFTS



**Encinal
Swim
Center**

COMMUNITY EVENTS & PROJECT UPDATES - ALL AGES

45th Annual Alameda Holiday Boutique

Saturday & Sunday, November 1 - 2, 10:00am - 4:00pm
Albert H. DeWitt O'Club, 641 W. Redline Ave.

We invite all local artisans and makers to join us for this year's event! If you would like to apply to be a vendor, please visit our website at www.alamedaholidayboutique.org for details and click the Vendor Info tab for specific information.

All items are handcrafted by more than 50 artisans. The proceeds of this event benefit the Leisure Club, a recreation program for teens and adults with developmental disabilities, sponsored by ARPD and youth scholarships for all programs. Questions? Send them to alamedaholidayboutique@gmail.com. Don't miss out on your chance to showcase your creations!



Breakfast with Santa

Saturday, December 13, 10:00am - 12:00pm

Albert H. DeWitt O'Club, 641 West Redline Ave.

13+ years: \$21 Res, \$24 NRes, 2-12 years: \$11 Res, \$13 NRes, Under 2: FREE; Class # 30276

You better watch out, you better not cry, you better not pout, I'm telling you why - Santa's BACK here in Alameda! Join Santa for breakfast, arts & crafts, and take a photo with the big guy. All attendees must pre-register regardless of age. All children must be accompanied by an adult and pre-registration is required. Space is limited. Register by December 3rd. No refunds or credits will be issued.

Santa's Home Visits

Saturday, December 20, Class # 30277

Sunday, December 21, Class # 30278

5:00pm - 8:05pm, \$45 for one 10-minute home visit

Ho! Ho! Ho! Santa, Rudolph and the gang are happy to be back in Alameda. Santa, and his elf, will make a special ten-minute visit to your child at home. Arrangements can be made for Santa to bring a gift. Please note that Santa may not be able to speak to every child, if he visits a large party. Registration will begin on November 5th.

Santa's Virtual Visits

Monday, December 22, Class # 30279

5:00pm - 8:00pm, \$28 for one 10-minute Zoom visit

Ho! Ho! Ho! Santa decided to give us options this holiday season, so he plans to spread some holiday cheer through Zoom. Santa's Elves will be busy dropping off treats to the homes (Alameda Only) registered on the night of your visit.

You will choose your preferred window of time on your choice of night. Once Santa schedules your time within your preferred window, you will receive a questionnaire that will help Santa personalize your visit with your child(ren). Your receipt will be emailed to you, which will confirm the hour and day you chose. You will receive a Zoom link 24-48 hours prior to your visit.

Registration will begin on November 5th. Once registration begins, and depending on enrollment numbers, Santa's Elves may need to contact you for an alternative day and/or time.

PROJECT UPDATES

Enhancing Our Parks & Public Spaces

Our parks and community spaces are getting some fantastic updates! Here's a look at what's been completed and what's coming soon:

Completed Projects

- **Bay Farm Island Library** - A beautiful native garden now surrounds the library, enhancing sustainability and supporting local ecosystems.
- **Linear Park** - 50 new trees have been planted along the walking path, providing shade and a more enjoyable walking experience.
- **Leydecker Softball Field** - Field lights have been converted to energy-efficient LEDs, improving visibility while saving energy.
- **Leydecker Community Center** - Landscaping upgrades are complete, including drought-tolerant plants, shrubs, and new trees around the facility.
- **Estuary Park** - Two new scoreboards have been installed, generously donated by the Friends of the Parks Foundation.



Upcoming Projects

- **Leydecker Park Playground** - A survey on the final design is coming soon. Tentative installation is scheduled for mid-2026.
- **Littlejohn Park** - Basketball court renovation to improve play and safety.
- **Skatepark Improvements** - Enhancements are planned to improve safety, functionality, and fun for skaters of all ages and skill levels.
- **Estuary Park Phase 2** - Expected to go out to bid in July.

We're committed to creating vibrant, accessible, and sustainable community spaces for everyone. Keep an eye out for construction updates and opening announcements!

ALL AGES - ALAMEDA WALKS

ALAMEDA WALKS

2025 Schedule (July to October)

All walks begin at 9 a.m. and last approximately one hour. Where walks are longer, it will be noted and new walks are indicated. Look for the red Alameda Walks hats! While we love the furry pets, we prefer that they wait for you at home.

July 19 - Alameda Hospital, Leonardville (old South Shore), Meyers House Walk

Meet at new Alameda Hospital front entrance inside parking lot, 2070 Clinton Ave. This walk will begin with a discussion of Alameda Hospital from Louise Nakada, public affairs and community engagement spoke person. The group will explore Old South Shore and local famous architects of Alameda.

July 26 - Harbor Bay Isle Walk

Meet at Leydecker Park, 3221 Mecartney Road This walk will explore how all the property across Mecartney Road from Bay Farm was once marshland. We'll see how Utah Construction stepped in to convert the marsh to "made land," and how Ron Cowan and Company stepped in to create what we see today. Stroll with us along the lagoon and enjoy a neighborhood distinctly different from original Bay Farm Island. Dennis Evanosky will lead this walk. Note: Walk lasts 1 hour 15 minutes

August 2 - Crown Beach from West to East Walk

Meet at Doug Siden Visitor Center, 1252 McKay Avenue at Crab Cove near the front steps, on park side of building. This nature walk will take place on paved pathway and will explore the along shoreline, from the Doug Siden Visitor Center to Elsie Roemer Bird Sanctuary. The group will learn about the natural and cultural history of this area. The walk is about 4 miles round trip. This walk will be led by East Bay Regional District Naturalist, Susan Ramos. Walk lasts 2 hour and 15 minutes.

August 23 - Alameda Belt Line and the Alaska Packers

Meet at Marina Cove Waterfront Park at 1575 Clement Avenue (at Stanton Street). This walk will explore and learn about the Alaska Packers use of the property along the waterfront here to "winter" its fleet of "Star" ships. The city later built a railroad nearby to accommodate Calpak's Del Monte warehouse. The railroad yards stood on today's Jean Sweeney Park. Did you know this area was one home to Sunset Field, an early 20th-century airport? Dennis Evanosky will lead this walk. Note: walk lasts 1 hour 15 minutes

September 20 - Krusi Park & Help Shape the Future of Alameda's Shoreline Walk

Meet at Krusi Park, 3001 Otis Drive, at the High Street entrance. This walk will explore the history of Krusi Park, Towata Park and the rising sea levels from the mainland along the shoreline from Towata Park to Elsie Roemer Bird Sanctuary. LEARN bout how local coalitions are planning to address flooding and how to contribute toward the solutions. Note This walk is led by Lauren Eisele, Community Action for a Sustainable Alameda (CASA).

September 27 - Alameda Park Homestead

Meet at Chochenyo Park, 2430 Encinal Avenue (at Park Avenue). The walk will explore one of the oldest parks in Alameda as well as Alfred A.

Cohen who built a railroad and resort with a hotel in this neighborhood. He then created a park exclusively for all his wealthy friends who would buy property and build homes here. None did, except for his uncle William. The park withered on the vine and the hotel became an insane asylum. We'll see how Cohen's dream developed into the neighborhood we know today. Dennis Evanosky will lead this walk. Note: walk will last 1 hour and 15 minutes

October 18 - Neptune Beach Walk

Meet at Doug Siden Visitor Center, 1252 Mc Kay Avenue in the grass area. This walk will explore the site and history of Neptune Beach. The group will start the walk on a street that was once the footprint of a pair of roller coasters. Then see where revelers once swam, danced, and enjoyed all the rides and attractions. The group will also learn how Neptune Beach – which lasted from 1917 to 1939 – was just one of the many beaches and baths that began their lives in 1878 and lasted until 1961. Dennis Evanosky will lead this walk. Note: walk will last 1 hour and 15 minutes

October 25 - North Shore: Two Perspectives & Jingle Town Walk

Meet on the plaza in front of Nob Hill Foods, Bridgeside Shopping Center closest to the waterfront. This walk will explore the northern waterfront of Alameda, point out the many art studios in Alameda and Jingle Town in Oakland. In addition, checking out Cal Rowing House and Oakland Museum's white elephant warehouse. Note: Walk lasts 1 hour 15 minutes & will cross over the Park Street Bridge.



TAKE A RIDE ON WOODSTOCK

A free service connecting Jack London Square, Oakland and Alameda Landing

watershuttle.org

POWERED BY:    

SWIM LESSONS

AQUA FITNESS Year Round

LAP SWIM

WATER WALKING

Times for the following programs can be found on our website:
<https://www.alamedaca.gov/Departments/Recreation-Parks/Aquatics/Fitness-Swim>

All Hours and Days are subject to change due.
Last minute cancellations or additional hours may occur.

PRIVATE LESSONS

\$180R/\$200NR

MORNING	AFTERNOON
9:00-9:30	1:00-1:30
9:40-10:10	1:40-2:10
10:20-10:50	2:20-2:50
11:00-11:30	3:00-3:30
	3:40-4:10



Enjoy personalized one-on-one swim lessons tailored to your skill level and goals! Each 30-minute session helps build confidence, improve technique, and make a splash with fun, focused instruction. When registering, choose "Swim School" or "Stroke School."

Encinal Swim Center Only

SUNDAY:

Weekends - 4 classes per session

Sept 7, 14, 21 and 28

Oct 5, 12, 19 and 26

Nov 2, 9, 16 and 23

The Starfish Swimming curriculum is designed for students ages 6-months to adult. Benchmarks are established at each stage in the program that combine both swimming and safety skills. Students participate in experiential learning activities that allow them to explore the water in a creative and comfortable environment. Correct swimming techniques are taught from the very beginning, providing an easy transition to swim team.



Make a Splash This Summer!

Spots are still
open for swim
lessons—
weekdays and
weekends. Dive in
before they're
gone!

ALL AGES - AQUATIC LESSONS



**Cannonball Into
Aqua Camp Fun!**
Spots are still
open for our
summer Aqua
Camps!

**Dive into epic
games, wild water
adventures, and
creative themes
all summer long.
Come make waves
with us!**



SWIM SCHOOL \$52/ \$60 R/NR (**GROUP LESSONS**)

Students develop five core swim skills and earn color stage awards as they progress at their own pace. Stages group students by ability, with opportunities to advance to more challenging strokes.

Lessons are now broken down by age

7-8.11-YEAR-OLDS

AFTERNOON

1:40-2:10

3:40-4:10



9-11.11-YEAR-OLDS

AFTERNOON

1:40-2:10

3:40-4:10

ADAPTIVE SWIM LESSONS

\$52/ \$60 R/NR
4 CLASSES PER SESSION

Adaptive Aquatic Lessons provide a safe, supportive space for individuals with special needs to build confidence and swimming skills. Certified instructors tailor each lesson to meet unique abilities, focusing on water safety, fun, and personal growth.

MORNINGS

8:25-9:00

Please Email for an
evaluation form.

STROKE SCHOOL \$52/ \$60 R/NR (**GROUP LESSONS**)

This course is for students who passed the Green Starfish® benchmark or Red Cross Level 4. Participants must swim 30 feet freestyle with side breathing, use a 1-2-3 breathing pattern with strong technique across the deep end, and tread water for 60 seconds.

TAUGHT IN COMP POOL ONLY



MORNING

9:00-9:30

9:40-10:40

AFTERNOON

1:00-1:30

3:00-3:30

If the child does not possess the necessary prerequisite skills for Stroke School, they may be dropped from the class.

AQUATIC LESSONS - ALL AGES

GROUP ADULT SWIM LESSONS

4 CLASSES PER SESSION

18 AND UP \$52/ \$60 R/NR

MORNINGS
9:00-9:30

Classes for beginning, intermediate, and advanced swimmers. No matter your level,

AFTERNOON
2:20-2:50

our classes are taught in a comfortable, positive environment.

GROUP TEEN SWIM LESSONS

12-17.11-YEAR-OLDS

MORNINGS
9:40-10:10

AFTERNOON
3:40-4:10

\$52/ \$60 R/NR



TRIATHALON CAMP

AGES 10-15 JUNE 11- AUGUST 8, 2024

\$275R /\$375NR PER WEEK

\$1980R/\$2700NR ALL SUMMER

#29349 8AM-11AM

"Triathlon-specific swim, biking, and running for youth athletes of all levels and advanced junior swimmers! Build endurance, speed, and power in the water to feel fresh heading out for the bike!

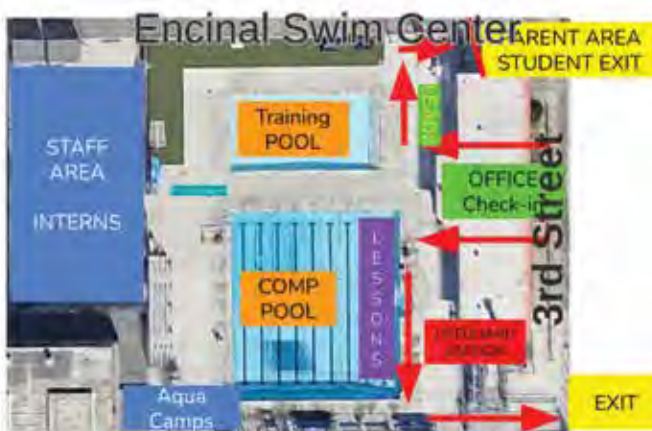
Run a Triathlon at the end of the summer!

8 am Morning Drop off- Encinal Swim Center with their bikes.



FULL SUMMER

**Deposit Required (Non-Refundable)
Payment Plans Available**



Contact Us

ARPDAquatics@alamedaca.gov



<https://www.alamedaca.gov/Departments/Recreation-Parks/Aquatics>



Social Media



@PLAYARPD



@ARPDAquatics

FULL SUMMER

INTRO TO SWIM TEAM

AGES 10-17

\$650R /\$750NR M/W OR T/T/H

\$1300R/\$1500NR ALL SUMMER

JUNE 16- AUGUST 2 #29309

M-TH 5:30-7 PM

Are you thinking about joining a competitive swim team? Join our Intro to Swim Team group this spring and see what it would be like. Designed for swimmers ready to join a competitive swim team and want to refine their skills and learn new skills necessary for competitive swimming, this all-summer class

**Deposit Required (Non-Refundable)
Payment Plans Available**

GOLF

Corica Park

Corica Park is located in the City of Alameda and within five minutes of the Oakland Airport. In addition to a large driving range and extensive practice facility, the three golf courses are suitable for players of all skill levels. Fast greens and swirling winds challenge seasoned golfers, while wide fairways and rolling hills welcome those newer to the game. Onsite instructors offer top quality instruction for all skill levels. Visit our website at www.coricapark.com for information about rates and hours.

On The Green at Corica Park

There is a lot happening at the course! Our On The Green initiative seeks to integrate Corica Park into the wider community. We're reimagining space use with inclusive programming for golfers and non-golfers alike. Check out our Community Programs and Calendar of Events to learn more.

Youth On The Green

- **Free Golf:** free walk-up play on all three courses after 3:00pm during the fall and winter months and 4:00pm in the spring and summer months for all youth under 18. Wednesday walk-up play for golf and footgolf is free all day, year-round on the Mif unless the course is closed for other programming.
- **School Outings:** recreational opportunities in footgolf and golf for field trips and after school programs.
- **On the Green Golf & Play Summer Camps:** week-long summer camps offered at no cost including transportation and meals to youth from underserved East Bay communities.
- **Sundays On The Green Program:** small group lessons and mentorship offered at no cost to Alameda youth in partnership with All Good Living Foundation.

Group Outings On The Green

- **Tournaments:** full-service tournament and group outing planning & execution, including food and beverage offerings for fundraisers, company events, golf clubs, competitive leagues, special occasions and other group events.
- **Team-building:** full-service team-building event planning and execution for local businesses and other groups. *Special packages available for mission-aligned nonprofit organizations.



Community On The Green

We also offer a number of programs for schools, small businesses, nonprofits and other groups which are designed to diversify space use and increase access to Corica Park for broader community benefit. Please visit the Community Programs page on our website for applications and to learn more. Examples include:

- Space use for activities such as yoga and martial arts classes to promote healthy living and other forms of recreation.
- Classroom, meeting room and event space access for local nonprofits and other community groups to support organizations in forwarding their own missions.
- Sale and exhibition space access in our golf shop to support local businesses.
- Holiday gift drives to support low-income East Bay families.

First Fridays At The Range

First Fridays At The Range are once a month themed parties with our bar cart, fun and active games, music and food for sale! Each month we also highlight a local partner to bridge communities in Alameda and beyond. Expect to see Toptracer competitions, activities for all ages and levels, and delicious food and beverages. Parking is abundant and the event is FREE. Every first Friday of the month from 3-6pm. All are welcome (activities for golfers and nongolfers)! Come join us!

Connect with Corica Park

info@coricapark.com • Facebook: [Corica Park Golf Course](https://www.facebook.com/CoricaParkGolfCourse)
Instagram: [@coricapark](https://www.instagram.com/coricapark) • Twitter: [@coricapark](https://twitter.com/coricapark)

Alameda Junior Golf Club

Ages 7 - 18

Alameda Junior Golf is very busy getting the program set up for the 2025 year. Our program runs all year but the month of June through August are the busiest with many activities.



- Our 7 to 11 year olds play on MIF par course and the 12 to 18 year olds play on the regular Corica Golf Course.
- The degree of understanding of the game and skills can change to be played.
- We also offer golf clinics for beginners and to refresh golfers at rules and manners.
- We have many wonderful volunteers who help run the program
- We have Tournaments during the summer too.
- If your child is interested in learning to play or is a golfer and wants to meet fun loving golfers, here is how to get all the information and to obtain an AJGC Membership Application.
- See our website: www.alamedajuniorgolf.memberplanet.com
- Email us alamedajuniorgolf@memberplanet.com
- You can also pick up an AJGC Application at the Corica Park Golf Course Pro-Shop or Driving Range and at Alameda Golf Works, 1710 Lincoln Ave., Alameda

Youth Art Camps At Corica

Give Your Child A Summer Of Imagination, Confidence & Color

This summer, trade screens for sketchbooks and let creativity take center stage. At Revels Atelier, every brushstroke and ink line becomes a chance for your child to explore, problem-solve and discover the joy of making something uniquely their own.

2025 Camp Schedule

See www.revelsatelier.com/summer-art-camps

- Comic Book & Manga Camp 2025
- Summer Painting Camp
- Plein Air Watercolor Camp
- Sculpture Camp: Shape Your Child's Imagination In 3D

Why Art Matters More Than Ever

- Boosts Brainpower: Drawing and painting activate both hemispheres of the brain, strengthening critical thinking and fine-motor skills that translate to math, reading and science.
- Builds Confidence: Completing a finished piece – then hearing “Wow!” from friends and family – teaches kids they can tackle challenges and persevere.
- Nurtures Emotional Well-Being: Art offers a healthy outlet for self-expression, reducing stress and helping children articulate feelings they can't always put into words.
- Fosters Empathy & Vision: From comic storytelling to plein-air landscapes, kids learn to observe the world closely and imagine new possibilities

Kayaking Tour – Sea Plane Lagoon

Ages 12+

Join us for our most popular kayak tour. You will paddle inside the Sea Plane Lagoon learning about the local marine life and upcoming Alameda Point development projects, the USS Hornet and US Navy's MARAD fleet, enjoy scenic views of SF, and more! Fee covers 1 participant. Each participant must sign up and pay.



Class #	Class #	Day	Time
30388	30389	Sa	9:30am - 12:00pm
Sep 6	Oct 18		
\$73	\$73	Joe Stack	Encinal Boat Ramp, 190 Central Ave.

Kayaking Tour – Sunset-Full Moon

Ages 12+

Enjoy a relaxing time on the water while the sun sets over the horizon and the moon rises. Tour the area with a short break before returning home under the moonlight. Bring a camera, the sights will be amazing. Fee covers 1 participant. Each participant must sign up and pay.

Class #	Class #	Day	Time
30390	30391	Sa	6:00pm - 8:30pm
Sep 13	Oct 4		
\$83	\$83	Joe Stack	Grand Street Boat Ramp

KAYAKING

Kayaking – Family

Ages 5+

This tour is the perfect introduction to kayaking for kids and families. We will travel in very safe double sea kayaks checking out the local harbor seals and US Navy ships. A short and sweet trip where you learn a little bit of sea kayaking while having fun! Parent/guardian participation is required. Fee covers 1 participant, registration is required for each family members.

Class #	Class #	Day	Time
30384	30385	Su	9:30am - 11:30am
Sep 14	Oct 12		
\$58	\$58	Joe Stack	Encinal Boat Ramp, 190 Central Ave.

Kayaking – Introduction

Ages 13+

We will cover equipment, paddle techniques, trip planning, on land transporting, maintenance and safety. Develop boat control as you paddle around the area and practice your new skills. Fee covers 1 participant. Each participant must sign up and pay.

Class #	Class #	Day	Time
30386	30387	Sa	9:00am - 12:30pm
Sep 20	Oct 12		
\$103	\$103	Joe Stack	Encinal Boat Ramp, 190 Central Ave.

MUSIC

Taiko Drums - Beginner

Ages 10+

This fun class covers simple rhythms, basic form and movement. It provides light exercise for students of all ages. There is a \$10 materials fee for drum sticks payable at the first session.

Class #	Class #	Day	Time
30300		Tu	6:30pm - 7:30pm
Sep 2 - Dec 9			
\$159		Jeff-Shannon Davidson	O'Club, Terrace Room

Taiko Drums - Intermediate

Ages 10+

This fun class covers more complex rhythms, advanced skills, and somewhat more strenuous exercise. There is a \$10 materials fee for drum sticks payable at the first session.

Class #	Class #	Day	Time
30301		Tu	7:30pm - 8:30pm
Sep 2 - Dec 9			
\$159		Jeff-Shannon Davidson	O'Club, Terrace Room

Alameda Free Library

Fall 2025

New events are scheduled monthly! Please see our Events Calendar for the most current dates, times, and locations.

For more information, visit alamedafree.org.

Book Recommendations



Looking for a great read to snuggle up with now that the weather is getting cooler? Try Novelist Plus or Novelist Plus K-8 for kids! Novelist helps readers find books that perfectly match their reading preferences and moods. You can find both Novelist Plus and Novelist Plus K-8 at alamedafree.org under "Reading Recommendations."

Book Club in a Bag



Book Club in a Bag is a great solution for groups looking for their next great read, but are having trouble finding enough copies to satisfy everyone in the club. Each bag comes with 10 copies of the book, an audio version, a discussion guide and a sign-up sheet!

Follow us on social media for much more!
[@alamedafreelibrary](https://www.instagram.com/alamedafreelibrary)



ALAMEDA FREE LIBRARY
MAIN | 1550 OAK ST.
WEST END | 788 SANTA CLARA AVE.
BAY FARM | 3221 MECARTNEY RD.
510-747-7777
<https://www.alamedafree.org/>



ALL EVENTS ARE FREE AND OPEN TO THE PUBLIC. CHECK THE LIBRARY WEBSITE: WWW.ALAMEDAFREE.ORG FOR MORE INFORMATION. SPONSORED BY THE FRIENDS OF THE ALAMEDA FREE LIBRARY. CONTACT THE LIBRARY FOR ANY QUESTIONS AT: 510-747-7777.



Storytimes available every week

MAIN LIBRARY

Preschool | Tues. 10:30AM
School Age | Wed. 3:30PM
Mother Goose on the Loose |
Thurs. 10:30AM
Toddlers | Fri. 10:30AM
Toddlers | Sat. 10:30AM

BAY FARM ISLAND LIBRARY

Preschool | Mon. 10:30AM
Toddlers | Thurs. 10:30AM

WEST END LIBRARY

Toddlers | Tues. 10:30AM

LOTE 4 Kids

Free with your library card!



Storytime in your language.
250+ titles in 14 languages!

AQUATICS, ACTING/DANCE & ENRICHMENT - INFANTS & TOTS



Starbabies
AGES: 6 mo. - 3y/o
\$52/ \$60 R/NR

The purpose of this course is to foster a child's comfort level in the water. It also serves to train parents and caregivers about in-water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water. It provides a confidence-building experience for children, in a fun and loving way. One adult must be in the water with each child.

11:40-12:10	12:20-12:50
SUNDAYS	SUNDAYS
Training Pool	Training Pool



STAR TOTS (AQUA TOTS)

ALL Star Tot Lessons are
2-3 students a teacher
Lessons are now broken down by age

3-4.11-YEAR-OLDS

MORNINGS
10:20-10:50

AFTERNOON
1:00-1:30



This course builds water comfort and swim readiness through fun, creative activities. Basic swim skills will be introduced for children who are ready. There are no prerequisites; students are assessed on the first day.

5-6.11-YEAR-OLDS

MORNINGS
11:00-11:30

AFTERNOON
3:00-3:30

\$128/\$156 RES/ NON-RES

ACTING & DANCE

Dance With Me Ballet

Ages 3 - 5

Students and one caregiver are exposed to the basic concepts, rhythms, and positions of ballet. This class was introduced for our very young students who may have separation anxiety or are not quite ready to take class without a caregiver.

Class # 30373	Sep 6 - Nov 8	Sa	9:00am - 9:45am
\$258	ABA STAFF	Alameda Ballet Academy, 1402 Park St	

Preschool Dance and Acting

Ages 2 - 5

Get ready to shake, jump, and wiggle! Participants will have fun, exercise, and explore all the creative ways to move their bodies and use their voices, building coordination and confidence!

Class # 30396	Aug 15 - Sep 5	F	10:00am - 10:45am
\$71	Kate Barnes	Veteran's Memorial Building, Room 250	
Class # 30544	Oct 24 - Dec 12	F	10:00am - 10:45am
\$106	Kate Barnes	Veteran's Memorial Building, Room 250	

ENRICHMENT

Baby & Me STEAM

Ages 1-3

Participants will explore their sensory awareness through various experiences and hands-on activities following the STEAM curriculum. Science, technology, engineering, art and mathematics, with a fun recreational twist. No class 10/31, 11/21 & 11/28.

Class # 30528	Sep 5 - Dec 5	F	9:00am - 10:00 am
\$113	ARPD Staff	Veteran's Memorial Building, Room 120	

Jr. Cooking Explorers: Halloween Edition

Ages 3 - 5

Welcome to Spooky Village Culinary School! Participants will learn how to make real dishes and bake delicious pastries, gain an understanding of different cultures and traditions, build confidence, make new friends, and above all, have fun and be safe in the kitchen! Food Highlights: Wizard's soup, Franken Cupcakes, Ghoulish Candy.

Class # 30231	Oct 13	M	12:00pm - 4:00pm
\$72	ARPD Staff	Leydecker Center	

Cancellation, Withdrawal & Transfer Policy:

- Some specialty camps or programs may have different policies and service fees. Please refer to the description or details for any specific program prior to registration.
- A \$20 service fee applies to any changes or transfers made after your original registration.

INFANTS & TOTS - ENRICHMENT & PLAYGROUPS



Montessori – Children's House Play & Learn Ages 4 - 7

Led by a certified Montessori Teacher, this class fosters independence, curiosity, and confidence in an engaging environment for young learners to explore math, science, language, music, and practical life skills. \$20 materials fee (workbook, snacks, arts and crafts supplies) payable to instructor on first day of class. No class: 11/1 & 11/29.

Class # 30400	Sep 6 - Dec 13	Sa	1:30pm - 4:00pm
\$618	Rebecca Haga	Leydecker Center	

Sporty Tots – Fall Session Ages 3 - 5

Sporty Tots Camp introduces Pre-K aged kids to recreational activities where they can improve their socialization and coordination while surrounded by our positive and encouraging staff. They will experience different activities such as obstacle courses, tag games, and an introduction to sports such as soccer and basketball. Campers will participate in indoor activities on the basketball courts, as well as outdoor activities on the outdoor grass field. Packing a snack and water bottle is encouraged. Please enroll in class 30142 if interested in signing your youth up for extended care.

Class # 30146	Nov 24 - Nov 26	M Tu W	9:00am - 12:00pm
Res \$110, NRes \$125	ARPD STAFF	Alameda Point Gym	

STEAM – Fall Camp Ages 3 - 5

Our program is filled with hands-on activities that allow children to explore their sensory awareness through various experiences following a STEAM curriculum. Science, technology, engineering, art, and mathematics with a fun recreational twist. Activity Highlights: Wind Chimes, Glass Frogs (resin), Leaf Art

Class # 30500	Nov 24 - Nov 25	M Tu	12:00pm - 4:00pm
\$132	ARPD Staff	Leydecker Center	

STEAM – Winter Camp

Ages 3 - 5

Snowflakes, snowflakes Falling to the ground. Each one rest so gently They never make a sound. Snowflakes, snowflakes Are so pure and white. The special thing about them is No two are alike. Our program is filled with hands-on activities that allow children to explore their sensory awareness through various experiences following a STEAM curriculum. The curriculum is based on the idea of educating children in five main academic disciplines- art, technology, engineering, mathematics, and science with a fun recreational twist. Activity Highlight: Snowflake Crystals, Snow globes cups, Winter Building Challenge.

Class # 30502	Dec 22 - Dec 23	M Tu	12:00pm - 4:00pm
\$132	ARPD Staff	Leydecker Center	

STEAM – Galactic Camp

Ages 3 - 5

Twinkle, twinkle, little star, I know what you really are: Giant ball of glowing gas, one of billions in a mass! Twinkle, twinkle, little star, oh, how big you really are! Twinkle, twinkle, giant star, larger than the Earth by far! Since your distance is a lot, you look like a tiny dot. Twinkle, twinkle, giant star, very bright, yet very far! Stars are twinkling, every one, some are bigger than the sun! Just a twinkle in the sky, just because you're oh, so high! Twinkle, twinkle, little star, oh how big you really are. Our program is filled with hands-on activities that allow children to explore their sensory awareness through various experiences following a STEAM curriculum. The curriculum is based on the idea of educating children in five main academic disciplines- art, technology, engineering, mathematics, and science with a fun recreational twist. Activity Highlight: Moon Rocks, Ice Bubbles, Constellation Telescopes

Class # 30501	Dec 29 - Dec 30	M Tu	12:00pm - 4:00pm
\$132	ARPD Staff	Leydecker Center	

PLAYGROUPS

Alameda Wee Play

Age 6 month - 3 years

Alameda's play center for infants and toddlers includes arts and crafts, music time, and developmental and exploratory play. Activities are minimally structured, allowing children to enjoy and explore on their own terms.

Sep 3 - Dec 19 (No class Nov 24-28)	M W F	10:00am - 1:00pm
\$6 Drop-in per day per child or	\$60 Drop-in Card for 12 visits	
Volunteer to clean up and receive free entrance for that day - limited number available	Children must be accompanied and supervised by a parent or caregiver at all times	
Alameda Veteran's Memorial Building, 2203 Central Ave, Room 120, enter from ramp in front of building		

PLAYGROUPS & PRESCHOOL - INFANTS & TOTS

Montessori – Play and Learn for Infant & Crawlers

Ages 0 - 15 months

Led by a certified Montessori teacher. Classes seamlessly blend parent education and supportive resources for families with interactive music and play, fostering gross motor development and skills, socialization, and mindful parenting. Rolling, cruising, crawling, sitting, and ready to explore? Celebrate the day with guided music, dance, and play! This class is for babies and their parents/caregivers. \$20 materials fee (workbook, snacks, arts and crafts supplies) payable to instructor on first day of class. No class: 11/1 & 11/29.

Class # 30397	Sep 6 - Dec 13	Sa	9:00am - 10:00am
\$371	Rebecca Haga	Longfellow Park, Center	

Montessori – Play & Learn for Toddlers

Ages 15 months - 4 years

Led by a certified Montessori teacher. Classes seamlessly blend parent education and supportive resources for families with interactive music and play, fostering gross motor development and skills, socialization, and mindful parenting. Up on your feet and taking steps? Celebrate the day with guided music, dance, and play! This class is for toddlers and their parents/caregivers. \$20 materials fee (workbook, snacks, arts and crafts supplies) payable to instructor on first day of class. No class: 11/1 & 11/29.

Class # 30398	Sep 6 - Dec 13	Sa	10:15am - 11:15am
\$371	Rebecca Haga	Longfellow Park, Center	

PRESCHOOL

Tiny Tots

Ages 3 - 5

Register online, email or mail in, or in-person in ARPD office. The Alameda Recreation and Park Department Preschool offers a play-based, recreational program for children ages 3 to 5 years. We provide a safe and nurturing place for your child where your child can develop his/her natural curiosity while making friends in his/her own peer group. All activities follow the 4 basic building blocks for school readiness: Self-Care & Motor Skills, Self-Regulation & Social Expression and finally K-Academics. Our activities include a variety of arts and crafts, storytelling, games, cooking, music, motor fitness, and outside games, as well as free play.

REQUIRED:

- Children must be the correct age on the first day of class, and
- Children must be completely potty-trained and able to attend to their own personal needs to the best of their ability.
- Children must also be able to separate from their parents, and parents from child.
- Proof of child's age required at time of registration. (Copy of birth certificate, passport, health card with birthday)
- You may also mail registration form, and payment, to ARPD, 2226 Santa Clara Ave. Alameda, CA 94501

Continued on next column

FALL 2025: 14-WEEKS, SEPTEMBER 2 - DECEMBER 12, 2025

No class on Nov 10, Nov 11 & Nov 24-28

Registration begins Jul 7, 2025: Online, email, in-person and by mail.

3 DAYS A WEEK: M W F

Class # 29107	M W F	9:00am - 12:00pm	Godfrey Park
Class # 29109	M W F	9:00am - 12:00pm	McKinley Park
Class # 29110	M W F	12:00pm - 3:00pm	McKinley Park
Class # 29112	M W F	9:00am - 12:00pm	Woodstock Park

PAYMENTS: In Full \$1134; 2 payments \$582; 3 payments \$388; 4 payments \$291. There is a \$30 service charge for payment plan.

2 DAYS A WEEK: TU TH

Class # 29108	Tu Th	9:00am - 12:00pm	Godfrey Park
Class # 29111	Tu Th	9:00am - 12:00pm	McKinley Park
Class # 29113	Tu Th	9:00am - 12:00pm	Woodstock Park

PAYMENTS: In Full \$756; 2 payments \$393; 3 payments \$262; 4 payments \$196.50. There is a \$30 service charge for payment plan.

Can combine a M W F class with a Tu Th class. Six students are required to open a site. *Full payment is required for online registration. If you wish to set up a payment plan, send your form to arpd@alamedaca.gov

WINTER 2026: 13-WEEKS, JANUARY 5 - APRIL 10, 2026

No class on Jan 19 & Presidents Week Feb 16-20

Registration begins Dec 11, 2025: Online, email, in-person and by mail.

3 DAYS A WEEK: M W F

Class # 30111	M W F	9:00am - 12:00pm	Godfrey Park & Bay Farm Island
Class # 30113	M W F	9:00am - 12:00pm	McKinley Park
Class # 30114	M W F	12:00pm - 3:00pm	McKinley Park
Class # 30116	M W F	9:00am - 12:00pm	Woodstock Park

PAYMENTS: In Full \$1082; 2 payments \$556; 3 payments \$370.67. There is a \$30 service charge for payment plan.

2 DAYS A WEEK: TU TH

Class # 30112	Tu Th	9:00am - 12:00pm	Godfrey Park & Bay Farm Island
Class # 30115	Tu Th	9:00am - 12:00pm	McKinley Park
Class # 30117	Tu Th	9:00am - 12:00pm	Woodstock Park

PAYMENTS: In Full \$751.50; 2 payments \$390.50; 3 payments \$260.50. There is a \$30 service charge for payment plan.

Can combine a M W F class with a Tu Th class. Six students are required to open a site. *Full payment is required for online registration. If you wish to set up a payment plan, send your form to arpd@alamedaca.gov



YOUTH - AFTERSCHOOL & ARPD CAMPS

AFTERSCHOOL PROGRAM

Recreation Afterschool Program - RAP

August 20, 2025, to June 4, 2026

Grades All-Day K - 5

A supervised afterschool program for elementary-aged children with activities including games/sports, cooking, arts and crafts, and a daily snack. RAP leaders meet the students at dismissal and walk them to the park, where they can stay until 5:30 p.m. Students must dress appropriately for cold and rainy weather. Participants may register to attend 3 or 5 days a week. RAP does not meet on public school holidays, legal holidays, or AUSD staff development days. RAP includes early Wednesdays and modified days. Children may be picked up by a designated person or may walk or bike home with permission from their parents.



ONLINE REGISTRATION STARTS ON WEDNESDAY, JUNE 25 AT 10:00AM

FALL Session	August 20 - November 21, 2025
WINTER Session	December 1 - March 20, 2026
SPRING Session	March 23 - June 4, 2026
RAP is offered at the following sites:	
<ul style="list-style-type: none"> • Bayport Park - Ruby Bridges School • Franklin Park - Franklin & Love Schools • Krusi Park - Otis School • Leydecker Park - Earhart School 	<ul style="list-style-type: none"> • Lincoln Park - Edison School • Tillman Park - Bayfarm School • Washington Park - Maya Lin and Paden Schools
*A minimum of 8 students must be registered at a school in order to be a RAP Pick-Up Site.	

For more information about our RAP Program and Online Registration, please visit www.alamedaca.gov/Departments/Recreation-Parks/Recreation-Afterschool-Program-RAP

A limited number of partial scholarships are available. For more information on our Financial Assistance Program, please visit www.alamedaca.gov/Departments/Recreation-Parks/Financial-Assistance

ARPD CAMPS

Cooking Explorers – Fall Cooking

Ages 6 - 12 – Half Day

Cooking Explorers is an interactive workshop for children to learn how to make real dishes and bake delicious pastries, gain an understanding of different cultures and traditions, build confidence, make new friends, and above all, have fun and be safe in the kitchen! Food Highlights: cornbread chicken casserole, Candied Baked Yams, garlic roasted string beans. Notice: Care will be provided over lunch, 12:30-1:30pm, to campers who are registered for both this camp and the STEAM Afternoon Camp (30238). The onsite LEAD/manager will sign these campers into STEAM Camp.

Class # 30232	Nov 24 - Nov 25	M Tu	8:30am - 12:30pm
\$102	ARPD Staff	Leydecker Center	

Cooking Explorers – Halloween Edition

Ages 6 - 12

Welcome to Spooky Village Culinary School! We cater to the children of Spooky Village providing them with interactive workshops to learn how to make real dishes and bake delicious pastries, gain an understanding of different cultures and traditions, build confidence, make new friends, and above all, have fun and be safe in the kitchen! Food Highlights: Werewolf's pie, Witches Brew, Ghoul Candy, Vampire bars.

Class # 30229	Oct 13	M	8:30am - 5:30pm
\$102	ARPD Staff	Leydecker Center	

Cooking Explorers – Winter Cooking

Ages 6 - 12

Cooking Explorers is an interactive workshop for children to learn how to make real dishes and bake delicious pastries, gain an understanding of different cultures and traditions, build confidence, make new friends, and above all, have fun and be safe in the kitchen! Food Highlights: Chicken & Sausage Gumbo, White Chicken Chili, Peppermint cupcakes, Cinnamon Butter Cookies Notice: Due to the holiday, the last day of camp is Wednesday, Dec. 23, 2025 and will close early at 12:30pm.

Class # 30235	Dec 22 - Dec 24	M Tu W	8:30am - 12:30pm
\$180	ARPD Staff	Leydecker Center	

Day in the Park

Grades All-Day K - 5

Come spend your non-school day with ARPD! We'll be making special arts & crafts, playing great games, and many more surprises (TBD - field trip, outside contractor, jumper, lunch/treat, etc). Details will be firmed up after Activity Guide printing. Bring your own lunch; morning and afternoon snack will be provided. **If your desired program is full, place your child on the waitlist as additional programs may be added to meet the demand of registration**

Class # 30290	Oct 13	M	8:00am - 5:30pm
Res \$69, NRes \$78	ARPD Staff	Krusi - Center at Krusi Park	
Class # 30291	Oct 31	F	8:00am - 3:30pm
Res \$54, NRes \$60	ARPD Staff	Veteran's Memorial Building, Auditorium Room 250	
Class # 30309	Nov 24 - Nov 25	M Tu	8:00am - 5:30pm
Res \$132, NRes \$150	ARPD Staff	Lincoln Park, Harrison Center	



ARPD CAMPS & ARTS/ENTERTAINMENT - YOUTH



STEAM – Halloween Day Camp

Ages 6 - 12

STEAM stands for Science, Technology, Engineering/Environment, Art, and Math. These camps are intended to show campers how STEAM shapes their world, including their hobbies and interests. Each session have themed STEAM activities, as well as, traditional recreation fun (field time, arts & crafts, recreational games, and much more) Activity Highlights: Spooky Slime, Bat Flyers, Franken Boogers (Popcorn).

Class # 30239	Oct 31	F	9:00am - 1:00pm
\$65	ARPD Staff	Leydecker Center	

STEAM Camp – Thanksgiving Break

Ages 6 - 12 – Half Day Afternoon

All things STEAM and what we're grateful for! STEAM stands for Science, Technology, Engineering/Environment, Art, and Math. These camps are intended to show campers how STEAM shapes their world, including their hobbies and interests. Each session has STEAM activities and traditional recreation fun (field time, arts & crafts, recreational games, and much more) Activity Highlights: Rube Goldberg Challenge, Fall Diorama, DIY Candles.

Class # 30238	Nov 24 - Nov 25	M Tu	1:30pm - 5:30pm
\$110	ARPD Staff	Leydecker Center	

STEAM Camp – Winter Break

Ages 6 - 12 – Half Day Morning

STEAM stands for Science, Technology, Engineering/Environment, Art, and Math. These camps are intended to show campers how STEAM shapes their world, including their hobbies and interests. Each session has STEAM activities and traditional recreation fun (field time, arts & crafts, recreational games, and much more) Activity Highlights: DIY Galaxy Shirts, Galactic Soap, Holograms Due to the holiday, the last day of camp is Wednesday, Dec. 31, 2025 and will close early at 12:30pm.

Class # 30240	Dec 29 - Dec 31	M Tu W	8:30am - 5:30pm
\$212	ARPD Staff	Leydecker Park, Center	

Winter Wonderland Camp

Ages All-Day K - 5

Make this holiday season special by registering your child (or children) for ARPD's Winter Wonderland Camp. Arts and crafts, games and cooking which follow a theme are just part of the excitement. A special surprise activity will be included each week (TBD - field trip, outside contractor, jumper, lunch/treat, etc). Details will be firmed up after Activity Guide printing. Walking excursions may also be scheduled, dependent on weather. Please bring a bag lunch; morning & afternoon snacks will be provided. Child must wear closed-toed shoes, socks and play clothes as some activities may be messy. Bring a jacket as some activities will take place outdoors, weather permitting. Do not bring any electronic or items of sentimental value as ARPD is not responsible for any lost or damaged items.

Winter Wonderland Camp is CLOSED on December 25th, 26th & January 1st. If your desired program is full, place your child on the waitlist as additional programs may be added to meet the demand of registration.

Class # 30292	Dec 22 - Dec 24	M Tu W	8:00am - 5:30pm 8:00am - 3:00pm
Res \$172, NRes \$197	ARPD Staff	Lincoln Park, Harrison Center	
Class # 30293	Dec 29 - Jan 2	M Tu W F	8:00am - 5:30pm 8:00am - 3:00pm
Res \$218, NRes \$250	ARPD Staff	Lincoln Park, Harrison Center	

ARTS & ENTERTAINMENT

Athena Coding – Da Vinci's Workshop – Drawing Class

Ages 6 - 12

Students will explore acrylic and watercolor painting, clay modeling, sketching, anime, and more while learning essential art concepts like color theory, perspective, and anatomy. Every class, students create stunning take-home projects, developing their creativity and foundational artistic skills in various mediums. Material Fee payable to Instructor at first class is \$20. No Class 10/31

Class # 30465	Sep 5 - Oct 17	F	3:30pm - 4:30pm
\$145	Athena Coding	Veteran's Memorial Building, Room 390	
Class # 30466	Oct 24 - Dec 12	F	3:30pm - 4:30pm
\$124	Athena Coding	Veteran's Memorial Building, Room 390	

Athena Coding – Jewelry Masters – Art Class

Ages 6 - 12

Design and create unique jewelry using beads, colors, and textures. Students will craft bracelets, necklaces, and earrings while learning essential techniques and developing creativity and fine motor skills. Material Fee payable to Instructor at first class: \$30. No class 11/11 & 11/25.

Class # 30435	Sep 2 - Oct 14	Tu	4:35pm - 5:35pm
\$145	Athena Coding	Veteran's Memorial Building, Room 390	
Class # 30438	Oct 21 - Dec 9	Tu	4:35pm - 5:35pm
\$124	Athena Coding	Veteran's Memorial Building, Room 390	

YOUTH - ARTS/ENTERTAINMENT & CLASSES

Athena Coding – Music Production 101

Ages 6 - 12

Compose original music with Soundtrap! Students will learn digital music production, songwriting, and mixing techniques in this beginner-friendly course. Laptop, iPad, or Chromebook required (rentals available for \$40). No class 10/31. & 11/28.

Class # 30469	Sep 5 - Oct 17	F	4:35pm - 5:35pm
\$145	Athena Coding	Veteran's Memorial Building, Room 390	
Class # 30470	Oct 24 - Dec 12	F	4:35pm - 5:35pm
\$124	Athena Coding	Veteran's Memorial Building, Room 390	

Athena Coding – Hollywood Filmmaking

Ages 6 - 12

From writing scripts to filming and editing, students will create their own movies. They'll collaborate on brainstorming, filming, and editing, learning professional techniques. Each film is showcased at the end of the camp. No class 11/27.

Class # 30445	Sep 4 - Oct 16	Th	4:35pm - 5:35pm
\$145	Athena Coding	Veteran's Memorial Building, Room 390	
Class # 30446	Oct 23 - Dec 11	Th	4:35pm - 5:35pm
\$145	Athena Coding	Veteran's Memorial Building, Room 390	

CLASSES – AFTERSCHOOL

Algebra via Zoom

Ages 12 - 15

Algebra with lessons on expressions, equations, and geometry.

Class # 30572	Sep 11 - Oct 30	Th	4:00pm - 6:00pm
\$206	Health Sciences Education Institute	via Zoom	
Class # 30573	Nov 6 - Dec 11	Th	4:00pm - 6:00pm
\$129	Health Sciences Education Institute	via Zoom	

Creative Writing via Zoom

Ages 9 - 15

Spark imagination with creative writing projects, storytelling techniques, and peer sharing.

Class # 30559	Sep 8 - Oct 29	M W	6:00pm - 8:00pm
\$386	Health Sciences Education Institute	Via Zoom	
Class # 30560	Nov 3 - Dec 10	M W	6:00pm - 8:00pm
\$232	Health Sciences Education Institute	Via Zoom	

French for Beginners via Zoom

Ages 9 - 15

Learn basic French vocabulary and phrases through games, songs, and interactive activities.

Class # 30550	Sep 5 - Oct 31	F	4:00pm - 6:00pm
\$206	Health Sciences Education Institute	Via Zoom	
Class # 30551	Nov 7 - Dec 12	F	4:00pm - 6:00pm
\$129	Health Sciences Education Institute	Via Zoom	

Intermediate Spanish via Zoom

Ages 9 - 17

Learn basic Spanish vocabulary and phrases through games, songs, and interactive activities.

Class # 30548	Sep 11 - Oct 30	Th	4:00pm - 6:00pm
\$206	Health Sciences Education Institute	Via Zoom	
Class # 30549	Nov 6 - Dec 11	Th	4:00pm - 6:00pm
\$129	Health Sciences Education Institute	Via Zoom	

Math Foundation via Zoom

Ages 7 - 12

Build essential math skills through fun and engaging lessons in numbers, operations, and problem-solving.

Class # 30563	Sep 8 - Oct 29	M W	4:00pm - 6:00pm
\$412	Health Sciences Education Institute	Via Zoom	
Class # 30564	Nov 3 - Dec 10	M W	4:00pm - 6:00pm
\$232	Health Sciences Education Institute	Via Zoom	

Pre-Algebra

Ages 9 - 15

Prepare for algebra with lessons on integers, expressions, equations, and basic geometry.

Class # 30567	Sep 9 - Oct 28	Tu	4:00pm - 5:30pm
\$155	Health Sciences Education Institute	Veterans Memorial Building, Room 280	
Class # 30568	Nov 4 - Dec 9	Tu	4:00pm - 5:00pm
\$78	Health Sciences Education Institute	Veterans Memorial Building, Room 280	

Spanish for Beginners via Zoom

Ages 9 - 17

Learn basic Spanish vocabulary and phrases through games, songs, and interactive activities.

Class # 30539	Sep 8 - Oct 27	M	4:00pm - 6:00pm
\$181	Health Sciences Education Institute	Via Zoom	
Class # 30547	Nov 3 - Dec 8	M	4:00pm - 6:00pm
\$129	Health Sciences Education Institute	Via Zoom	

CLASSES - HOMESCHOOL

Algebra

Ages 8 - 12

Algebra with lessons on expressions, equations, and geometry. Anyone can join the class, it is aimed for children who are not in school in the mornings.

Class # 30569	Sep 11 - Oct 30	Th	10:00am - 12:00pm
\$206	Health Sciences Education Institute	Veterans Memorial Building, Room 390	
Class # 30570	Nov 6 - Dec 11	Th	10:00am - 12:00pm
\$129	Health Sciences Education Institute	Veterans Memorial Building, Room 390	

Biochemistry

Ages 9 - 15

Explore the chemistry of living things, including enzymes, metabolism, and molecular biology. First hours is the class; second hour is the lab. The class led by a professor from Alameda Community College. Anyone can join the class, it is aimed for children who are not in school in the mornings. Material fee \$15 payable to the instructor on the first day of class.

Class # 30574	Sep 9 - Oct 28	Tu	1:00pm - 3:00pm
\$206	Health Sciences Education Institute	Veterans Memorial Building, Room 390	
Class # 30575	Nov 4 - Dec 9	Tu	1:00pm - 3:00pm
\$103	Health Sciences Education Institute	Veterans Memorial Building, Room 390	

Creative Writing via Zoom

Ages 9 - 15

Spark imagination with creative writing projects, storytelling techniques, and peer sharing. Anyone can join the class, it is aimed for children who are not in school in the mornings.

Class # 30557	Sep 8 - Oct 29	M W	12:00pm - 2:00pm
\$386	Health Sciences Education Institute	Via Zoom	
Class # 30558	Nov 3 - Dec 10	M W	12:00pm - 2:00pm
\$232	Health Sciences Education Institute	Via Zoom	



French for Beginners via Zoom

Ages 9 - 12

Learn basic French vocabulary and phrases through games, songs, and interactive activities. Anyone can join the class, it is aimed for children who are not in school in the mornings.

Class # 30538	Sep 5 - Oct 31	F	10:00am - 12:00pm
\$206	Health Sciences Education Institute	Via Zoom	
Class # 30552	Nov 7 - Dec 12	F	10:00am - 12:00pm
\$129	Health Sciences Education Institute	Via Zoom	

Intermediate Spanish via Zoom

Ages 7 - 15

Strengthen your Spanish skills with conversational practice, reading, and writing. Anyone can join the class, it is aimed for children who are not in school in the mornings.

Class # 30578	Sep 9 - Oct 28	Tu	10:00am - 12:00pm
\$206	Health Sciences Education Institute	Via Zoom	
Class # 30556	Nov 4 - Dec 9	Tu	10:00am - 12:00pm
\$129	Health Sciences Education Institute	Via Zoom	

Math Foundation

Ages 5 - 12

Build essential math skills through fun and engaging lessons in numbers, operations, and problem-solving. Anyone can join the class, it is aimed for children who are not in school in the mornings.

Class # 30561	Sep 8 - Oct 29	M W	10:00am - 12:00pm
\$386	Health Sciences Education Institute	Veterans Memorial Building, Room 390	
Class # 30562	Nov 3 - Dec 10	M W	10:00am - 12:00pm
\$232	Health Sciences Education Institute	Veterans Memorial Building, Room 390	



YOUTH - CLASSES & DANCE



Microbiology

Ages 9 - 15

Discover the fascinating world of microorganisms and their role in health, disease, and the environment. First hour is the class; second hour is the lab. The class led by a professor from Alameda Community College. Anyone can join the class. Material fee \$30 payable to the instructor on the first day of class.

Class # 30576	Sep 11 - Oct 23	Th	1:00pm - 3:00pm
\$181	Health Sciences Education Institute	Veterans Memorial Building, Room 390	
Class # 30577	Nov 6 - Dec 11	Th	1:00pm - 3:00pm
\$129	Health Sciences Education Institute	Veterans Memorial Building, Room 390	

Pre-Algebra

Ages 5 - 12

Prepare for algebra with lessons on integers, expressions, equations, and basic geometry. Anyone can join the class, it is aimed for children who are not in school in the mornings.

Class # 30565	Sep 9 - Oct 28	Tu	10:00am - 12:00pm
\$206	Health Sciences Education Institute	Veterans Memorial Building, Room 390	
Class # 30571	Nov 4 - Dec 9	Tu	10:00am - 12:00pm
\$103	Health Sciences Education Institute	Veterans Memorial Building, Room 390	

Spanish for Beginners via Zoom

Ages 7 - 15

Learn basic Spanish vocabulary and phrases through games, songs, and interactive activities. Anyone can join the class, it is aimed for children who are not in school in the mornings.

Class # 30553	Sep 10 - Oct 29	W	10:00am - 12:00pm
\$206	Health Sciences Education Institute	Via Zoom	
Class # 30546	Nov 5 - Dec 10	W	10:00am - 12:00pm
\$129	Health Sciences Education Institute	Via Zoom	

DANCE

Ballet 1

Ages 6 - 10

Students learn the concepts of abdominal control and "turnout from the hip" as well as stretching, strengthening, and coordination. Includes full barre and center work. See website for uniform information. No class 9/1 & 10/13

Class # 30369	Aug 18 - Nov 3	M	3:45pm - 4:45pm
\$309	ABA STAFF	Alameda Ballet Academy, 1402 Park St	
Class # 30367	Aug 23 - Nov 8	Sa	11:00am - 12:00pm
\$371	ABA STAFF	Alameda Ballet Academy, 1402 Park St	
Class # 30370	Aug 20 - Nov 5	W	3:45pm - 4:45pm
\$371	ABA STAFF	Alameda Ballet Academy, 1402 Park St	

Kids Dance Fitness

Ages 5 - 11

This fun dance class is sure to keep kids positive, focused and fit! Exercise the entire time while learning the foundational steps and movements from various dances genres including jazz, hip hop, Latin, and more. No class 11/22.

Class # 30393	Aug 16 - Sep 6	Sa	9:30am - 10:20am
\$71	Kate Barnes	Veteran's Memorial Building, Auditorium Room 250	
Class # 30543	Oct 25 - Dec 13	Sa	9:30am - 10:20am
\$123	Kate Barnes	Veteran's Memorial Building, Auditorium Room 250	

Pre-Ballet

Ages 4 - 6

Students are exposed to the basic concepts, rhythms and positions of ballet. They also learn proper classroom etiquette in a fun, creative and focused environment. See website for uniform information. No class 9/1 and 10/13.

Class # 30375	Aug 18 - Nov 3	M	3:45pm - 4:30pm
\$258	ABA STAFF	Alameda Ballet Academy, 1402 Park St	
Class # 30374	Aug 23 - Nov 8	Sa	10:00am - 10:45am
\$309	ABA STAFF	Alameda Ballet Academy, 1402 Park St	



ENRICHMENT

Athena Coding – Dungeons and Dragons

Ages 6 - 12

Embark on epic adventures guided by Dungeon Masters! Students will develop problem-solving and teamwork skills while tackling creative, story-driven quests. This collaborative role-playing game is a hit for all skill levels. No class 11/26.

Class # 30455	Sep 3 - Oct 15	W	4:35pm - 5:35pm
\$145	Athena Coding	Veteran's Memorial Building, Room 390	
Class # 30458	Oct 22 - Dec 10	W	4:35pm - 5:35pm
\$145	Athena Coding	Veteran's Memorial Building, Room 390	

Athena Coding – Olympic Chess

Ages 6 - 12

Master chess basics and advanced strategies through interactive gameplay, puzzles, and tournaments. Beginners learn piece movements and strategy, while advanced players tackle openings and endgame tactics. Each session ends with a trophy tournament! No class 11/26.

Class # 30442	Sep 3 - Oct 15	W	3:30pm - 4:30pm
\$145	Athena Coding	Veteran's Memorial Building, Room 390	
Class # 30443	Oct 22 - Dec 10	W	3:30pm - 4:30pm
\$145	Athena Coding	Veteran's Memorial Building, Room 390	

Challenge Island – Creative Slime play for ALL abilities

Ages 5 - 12

Get ready for a sensory-filled adventure! Our Special Needs Slime Class is a safe, supportive, and joy-filled space where participants of ALL abilities can explore fun, squishy world of slime. **Designed with sensory needs in mind.** This class encourages creativity and social interaction through hands-on play.

Class # 30506	Sep 6 - Dec 13	Sa	9:00am - 10:00am
\$50	Island, Challenge	Veteran's Memorial Building, Room 390	

Kids Acting

Ages 5 - 11

This program will incorporate improvisation, acting games, script work, body movement and more! A positive and supportive environment for children to have fun expressing themselves and creating together. No class 11/22.

Class # 30392	Aug 16 - Sep 6	Sa	10:30am - 11:30am
\$71	Kate Barnes	Veteran's Memorial Building, Auditorium Room 250	
Class # 30542	Oct 25 - Dec 13	Sa	10:30am - 11:30am
\$123	Kate Barnes	Veteran's Memorial Building, Auditorium Room 250	

Montessori – Creative Writing Workshop

Ages 6 - 12

Empower young writers to build confidence in reading comprehension and writing skills using proven Montessori techniques! Guided by a certified Montessori Teacher, children will explore analytical thinking, imaginative storytelling, and practical writing strategies. Through engaging activities, they'll develop a deeper understanding of language and self-expression. Each participant will have the unique opportunity to write and publish their own story, fostering pride and a love for creative writing. \$20 materials fee (workbook, snacks, arts and crafts supplies) payable to instructor on first day of class. No class 11/1 & 11/29.

Class # 30402	Sep 6 - Dec 13	Sa	4:15pm - 5:15pm
\$335	Rebecca Haga	Longfellow Park, Center	

Montessori – Process Art Class

Ages 4 - 8

A place for young artists to explore their creativity through engaging, open-ended art sessions. Guided by a certified Montessori Teacher and Artist, this class focuses on process art, a child-centered approach that values the journey of creation over the final product. By experimenting with various materials and techniques, children develop problem-solving skills, self-expression, and confidence. This class encourages imagination, fosters independence, and nurtures a lifelong love for art in a supportive and inspiring environment. \$20 materials fee (workbook, snacks, arts and crafts supplies) payable to instructor on first day of class. No class 11/1 and 11/29.

Class # 30399	Sep 6 - Dec 13	Sa	11:30am - 12:30pm
\$536	Rebecca Haga	Longfellow Park, Center	

Play-Well – Engineering Workshop using LEGO™ materials

Ages 5 - 10

Join Play-Well TEKologies for a workshop using the LEGO Building System. Explore concepts in physics, mechanical engineering, structural engineering, and architecture while playing with your favorite creations. Utilizing thousands of LEGO parts, we strive to build students' problem-solving skills and foster a greater appreciation of how things work! Generally a workshop will consist of two or three projects.

Class # 30403	Oct 13	M	9:00am - 12:00pm
\$57	Play-Well TEKologies	Veteran's, Auditorium Room 250	

Play-Well – Haunted House Workshop using LEGO™ Materials

Ages 5 - 8

This Halloween season, join Play-Well TEKologies for a LEGO Haunted House workshop! Participants will use their imagination to create their own spooky designs, building their haunted houses and engineering their own traps with the guidance of an experienced Play-Well instructor. Can your LEGO Minifigure make it through the haunted house without getting scared?!

Class # 30404	Oct 25	Sa	9:00am - 12:00pm
\$57	Play-Well TEKologies	Veteran's, Room 390	

YOUTH – ENRICHMENT & MARTIAL ARTS

Play-Well – Spooktacular Halloween Workshop using LEGO™ Mater

Ages 8 - 12

With Halloween just around the corner, it's time to get out your decorations and get ready for trick-or-treaters! Build spooky ghosts and other moving decorations, learning about gear drives and other engineering concepts along the way. With tens of thousands of LEGO® bricks, we know your Halloween display will be simply "gourd-geous"!

Class # 30406	Oct 25	Sa	1:00pm - 4:00pm
\$57	Play-Well TEKologies	Veteran's, Room 390	

Play-Well – Racecar Engineering Workshop using LEGO™ Material

Ages 5 - 10

Get ready to race in this exciting LEGO® workshop from Play-Well TEKologies! Learn about transmissions, friction, and other key concepts that make a racecar go, then build and customize your vehicle to make it the best that it can be. 3-2-1-Go!

Class # 30408	Nov 10	M	9:00am - 12:00pm
\$57	Play-Well TEKologies	Veteran's, Auditorium Room 250	

MARTIAL ARTS

Children's Aikido

Ages 5 - 14

Our kids Aikido program involves various exercises catered to children in order to promote their mental awareness, physical capabilities, and coordination skills which build healthy values, character, and self-esteem. There is a \$30 fee for gi uniform, payable to Instructor on first day. One registration per child per family, please. No class 11/11.



Class # 30350	Sep 2 - Oct 15	Tu W	4:30pm - 5:00pm
\$82	Alameda Aikikai	2429 Clement Ave., Alameda, CA	
Class # 30351	Sep 2 - Oct 15	Tu W	5:15pm - 5:45pm
\$82	Alameda Aikikai	2429 Clement Ave., Alameda, CA	
Class # 30352	Oct 21 - Dec 9	Tu W	4:30pm - 5:00pm
\$82	Alameda Aikikai	2429 Clement Ave., Alameda, CA	
Class # 30353	Oct 21 - Dec 9	Tu W	5:15pm - 5:45pm
\$82	Alameda Aikikai	2429 Clement Ave., Alameda, CA	



Youth Iaido – Classical Sword Art of Japan

Ages 10 - 16

Muso Jikiden Eishin Ryu is a classical Japanese swordsmanship style emphasizing precise techniques, mindfulness, and grace. Rooted in samurai culture, it mostly teaches solo forms, focusing on drawing the sword and situational combat scenarios. Ideal for developing discipline, coordination, and a deep connection to martial tradition. No classes on Thanksgiving week Nov 23-29.

Class # 30513	Sep 4 - Oct 16	Th	4:50pm - 6:00pm
\$109	Mikhail Faiguenblat	Veteran's Memorial Building, Auditorium Room 250	
Class # 30514	Oct 23 - Dec 11	Th	4:50pm - 6:00pm
\$109	Mikhail Faiguenblat	Veteran's Memorial Building, Auditorium Room 250	

Wado Kai Karate

Ages 8+

Wado Kai Karate combines striking techniques of Karate with classical Jujutsu principles, emphasizing fluid movement, efficiency, and harmony. It focuses on evasion, timing, and counterattacks. Students develop physical fitness, self-discipline, and practical self-defense skills while exploring the philosophy of peace and respect in Wado Kai. No classes on Thanksgiving week Nov 23-29. Beginners welcome!

SATURDAY			
Class # 30345	Sep 6 - Oct 18	Sa	1:00pm - 2:30pm
\$109	Mikhail Faiguenblat	Veteran's, Auditorium Room 250	
Class # 30348	Oct 25 - Dec 13	Sa	1:00pm - 2:30pm
\$109	Mikhail Faiguenblat	Veteran's, Auditorium Room 250	
TUESDAYS			
Class # 30344	Sep 2 - Oct 14	Tu	5:00pm - 6:30pm
\$109	Mikhail Faiguenblat	Veteran's, Auditorium Room 250	
Class # 30347	Oct 21 - Dec 9	Tu	5:00pm - 6:30pm
\$93	Mikhail Faiguenblat	Veteran's, Auditorium Room 250	
Special discount for students who attends two classes per week			
Class # 30346	Sep 2 - Oct 18	Tu Sa	5:00pm - 2:30pm
\$145	Mikhail Faiguenblat	Veteran's, Auditorium Room 250	
Class # 30349	Oct 21 - Dec 13	Tu Sa	5:00pm - 2:30pm
\$135	Mikhail Faiguenblat	Veteran's, Auditorium Room 250	

MUSIC, OUTDOOR ACTIVITIES & SCIENCE - YOUTH

MUSIC

Beginning Guitar

Ages 8+

Start with this beginner-friendly course! Learn how to tune your guitar, play basic chords, strum simple patterns, and read chord charts. By the end, you'll be able to play familiar songs and build confidence for future learning. Perfect for absolute beginners and intermediate levels!

Class # 30508	Sep 9 - Oct 28	Tu	3:30pm - 4:15pm
\$165	Veteran's Memorial Building, Auditorium Room 250		

Taiko Drums - Ages 10+, See page 13

OUTDOOR ACTIVITIES

ACSC – Discover Sailing Camp for Beginners

Ages 7 - 12

ACSC's six-week program teaches beginners to sail an 8ft. boat, combining land lessons with fun drills and games. ACSC provides boats, wetsuits, life vests, and US Sailing certified instructors.

Class # 30361	Sep 10 - Oct 22	W	3:30pm - 6:30pm
\$361	Alameda Community Sailing Center	Alameda Community Sailing Center, Encinal Boat Ramp	

Kayaking - Ages 5+, See page 13

SCIENCE

Athena Coding – AI Adventures

Ages 7 - 12

Explore cutting-edge AI tools like ChatGPT and DALL-E! Students will create chatbots, animations, and stories while discovering how AI works. This hands-on course builds curiosity, collaboration, and critical thinking skills. Laptop, iPad, or Chromebook required (rentals available for \$40). No class 11/11 & 11/25.

Class # 30450	Sep 2 - Oct 14	Tu	3:30pm - 4:30pm
\$145	Athena Coding	Veteran's Memorial Building, Room 390	
Class # 30451	Oct 21 - Dec 9	Tu	3:30pm - 4:30pm
\$124	Athena Coding	Veteran's Memorial Building, Room 390	

Athena Coding – Athena's Architects: LEGO Design (STEM)

Ages 6 - 12

Explore engineering, architecture, and storytelling through Lego challenges. Students collaborate on themed projects while learning STEM and literacy skills. This course encourages problem-solving and creativity. No class 11/27.

Class # 30462	Sep 4 - Oct 16	Th	3:30pm - 4:30pm
\$145	Athena Coding	Veteran's Memorial Building, Room 390	
Class # 30463	Oct 23 - Dec 11	Th	3:30pm - 4:30pm
\$145	Athena Coding	Veteran's Memorial Building, Room 390	

Athena Coding – Junior Alchemists Chemistry for Kids!

Ages 6 - 11

Discover science through hands-on experiments like lava lamps and invisible ink. Students will learn scientific principles in a fun and visually engaging way, sparking curiosity and excitement about chemistry. Materials fee payable to the instructor on first day of class is \$20. No class 11/24.

Class # 30412	Sep 8 - Oct 13	M	3:30pm - 4:30pm
\$124	Athena Coding	Veteran's Memorial Building, Room 390	
Class # 30428	Oct 20 - Dec 8	M	3:30pm - 4:30pm
\$145	Athena Coding	Veteran's Memorial Building, Room 390	

Athena Coding – Scratch, Python, and JavaScript Coding

Ages 6 - 12

Students will develop storytelling and game design skills through Scratch and Python. They'll learn coding fundamentals like loops, functions, and variables while creating app-caliber games like Flappy Bird. This project-based course fosters creativity and programming skills. Laptop, iPad, or Chromebook required (rentals available for \$40).

Class # 30448	Sep 8 - Oct 13	M	4:35pm - 5:35pm
\$124	Athena Coding	Veteran's Memorial Building, Room 390	
Class # 30453	Oct 20 - Dec 8	M	4:35pm - 5:35pm
\$145	Athena Coding	Veteran's Memorial Building, Room 390	

Challenge Island – Adventures Camp

Ages 5 - 12

Celebrate Non-School Day with Challenge Island, Challenge Island is a STEAM program that gives your child an opportunity to dive into exciting, hands-on activities where they will explore art, science and engineering topics using their creativity to solve fun challenges with every new adventure, they will work together with friends, think outside the box, and build confidence with us.

Class # 30503	Oct 13	M	9:00am - 3:00pm
\$124	Challenge Island	Veteran's Memorial Building, Room 390	

YOUTH - SCIENCE & SPORTS

Challenge Island – Slimetopia Winter Camp

Ages 5 - 12

It's a sequel of our all-time favorite camp series Slimetopia! Your child will be creating different slimes in the whole week from our internationally inspired slimes to ooey gooey most delicious looking (not tasting) slime recipes. Materials Fee - \$10, payable to the instructor during the first day of the activity.

Class # 30504	Dec 22 - Dec 23	M Tu	9:00am - 3:00pm
\$248	Challenge Island	Veteran's Memorial Building, Room 390	

Challenge Island – Ahoy Adventures Camp

Ages 5 - 12

Ahoy, adventurers! Get ready for an unforgettable journey as your young engineers embark on an exciting cruise-themed adventure. Campers will navigate through thrilling ports of call, using their ingenuity and problem-solving skills to overcome challenges. Along the way, they will disembark and take on exhilarating excursions, discovering new lands and expanding existing horizons!

Class # 30505	Dec 29 - Dec 30	M Tu	9:00am - 3:00pm
\$248	Challenge Island	Veteran's Memorial Building, Room 390	

Mad Science – Science Surprise (STEM)

Ages 6 - 11

Kids will unbox the surprising world of science as they discover a new STEM topic in each class! In this program, kids learn about several specialized areas of science, including forensics, geology, meteorology, entomology, and mechanical engineering. They gain foundational science knowledge that will help them in their future science endeavors.

Class # 30479	Sep 8 - Oct 13	M	4:00pm - 5:00pm
\$191	Callie Fennimore	Veteran's Memorial Building, Room 280	

Mad Science – Brixology (STEM)

Ages 6 - 11

BRIOLOGY builds the foundation for our next generation of makers! Take home a different LEGO® inspired project each day! From carnival rides to machines that draw we take creativity to a whole new level and solve real-world design challenges! Let the tinkering begin!! No class 11/24.

Class # 30476	Oct 20 - Dec 1	M	4:00pm - 5:00pm
\$206	Callie Fennimore	Veteran's Memorial Building, Room 280	

Cancellation, Withdrawal & Transfer Policy:

- Some specialty camps or programs may have different policies and service fees. Please refer to the description or details for any specific program prior to registration.
- A \$20 service fee applies to any changes or transfers made after your original registration.

Mad Science – Thanksgiving Week Camp – Bio Blast

Ages 5 - 10 – Half Day

Use all your senses and explore the natural world around you. Have fun finding and magnifying nature's smallest creatures, pour plaster casts of animal tracks, and make recycled paper! Discover how birds thrive and solve the mystery of what Mr. Owl ate for lunch and more fun stuff! There is a \$15 materials fee payable to the Instructor on the first day.

Class # 30483	Nov 24 - Nov 26	M Tu W	9:00am - 12:00pm
\$216	Callie Fennimore	Veteran's Memorial Building, Auditorium Room 250	

Play-Well – STEM Discovery using LEGO materials

Ages 5 - 10

Let your imagination run wild with tens of thousands of LEGO parts! Build engineer-designed projects and use special pieces to create your own unique designs! Projects are rotated seasonally to ensure that both new and returning students can explore the endless creative possibilities of the LEGO® building system. No class 11/29

Class # 30526	Sep 13 - Nov 1	Sa	11:15am - 12:45pm
\$284	Play-Well TEKologies	Veteran's, Room 390	
Class # 30527	Nov 8 - Dec 13	Sa	11:15am - 12:45pm
\$202	Play-Well TEKologies	Veteran's, Room 390	

SPORTS

All Sports Day Camp – Fall

Ages 5 - 14

Our All-Sports Camp has quickly become one of our most popular specialty camps. This camp is perfect for the athlete who enjoys a variety of sports and recreational games. Campers are taught skills and given the opportunity to compete in a variety of sports such as soccer, basketball, flag football and more, while also enjoying some favorite recreational games like dodgeball, capture the flag, and kickball and the like. Our highly qualified staff makes sure our All-Sports Camp is high paced and nonstop fun for every camper! Extended care available. *Campers will be divided into groups based on age.

Class # 30144	Oct 13 - Oct 13	M	9:00am - 4:00pm
Res \$60, NRes \$75	ARPD STAFF	Alameda Point Gym	
Class # 30251	Nov 10 - Nov 10	M	9:00am - 4:00pm
Res \$60, NRes \$75	ARPD STAFF	Alameda Point Gym	
Class # 30145	Nov 24 - Nov 26	M Tu W	9:00am - 4:00pm
Res \$150, Nres \$175	ARPD STAFF	Alameda Point Gym	
IMPORTANT: Wednesday, November 26th will be a half day. Pickup will be at 12:30PM. Extended Care will only be offered in the morning for this day.			

All Sports Day Camp – Fall Extended Care Ages 5 - 13

Morning Extended Care is from 8am - 9am. Afternoon Extended Care is from 4pm-6pm. Enrolling in this activity covers extended care for both the morning and afternoon.

Class # 30143	Oct 13 - Oct 13	M	8:00am - 8:59am
Res \$ 12, Nres \$ 15	ARPD STAFF	Alameda Point Gym	
Class # 30252	Nov 10 - Nov 10	M	8:00am - 8:59am
Res \$ 12, Nres \$ 15	ARPD STAFF	Alameda Point Gym	
Class # 30142	Nov 24 - Nov 26	M Tu W	8:00am - 8:59am
Res \$ 30, Nres \$ 36	ARPD STAFF	Alameda Point Gym	
IMPORTANT: Wednesday, Nov 26 will be a half day. Pickup will be at 12:30PM. Extended Care will only be offered in the morning for this day.			

Basketball Youth Camp – Fall

Ages 5 - 13

The Intro to Basketball Camp is designed for our younger campers that are new to the sport. Campers receive an introduction to basketball and will learn basic concepts, terminology, and ball handling movements from our encouraging and highly-skilled staff. Campers will play with smaller size balls and utilize adjustable hoops to accommodate their height and help improve their skills and confidence. These drills and techniques are paired up with fun and competitive challenges to help our young campers stay engaged and hungry for more competition. Please enroll in class 30142 if interested in signing your youth up for extended care.

Class # 30147	Nov 24 - Nov 26	M Tu W	9:00am - 12:00pm
Res \$ 110, NRes \$ 125	ARPD STAFF	Alameda Point Gym	

Flag Football

Grades K - 5

Join us this fall for Alameda Recreation and Parks Departments Youth Flag Football League - a fun, supportive introduction to the game of football! Held every Saturday at the beautiful Estuary Park Multi-Purpose Field, this program is perfect for young athletes looking to learn the fundamentals of the sport in a positive and engaging environment. Our enthusiastic and knowledgeable staff will guide participants through drills that teach essential football skills such as throwing, catching, and understanding basic game concepts. As the season progresses, players will have the opportunity to put their skills into action through friendly, non-contact scrimmages. Whether your child is new to the game or looking to build on existing skills, our league provides a great way to stay active, make friends, and develop a love for football. We can't wait to see you on the field!

GRADES K - 1			
Class # 30153	Sep 6 - Nov 22	Sa	9:00am - 10:00pm
Res \$ 185, Nres \$ 205	ARPD STAFF	Estuary Park, Mutipurpose Field	
GRADES 2 - 3			
Class # 30149	Sep 6 - Nov 22	Sa	10:10am - 11:10pm
Res \$ 185, Nres \$ 205	ARPD STAFF	Estuary Park, Mutipurpose Field	
GRADES 4 - 5			
Class # 30150	Sep 6 - Nov 22	Sa	11:20am - 12:20pm
Res \$ 185, Nres \$ 205	ARPD STAFF	Estuary Park, Mutipurpose Field	



SUMMER BEGINNING FOIL CLASSES START MAY 13, GRADUATE AUG 21

ENROLL THROUGH MAY 22

\$88/month

AGE 9-13 : TUE & THU 4:30pm - 6:00pm

ADULT : TUE & THU 7:30pm - 9:00pm

Enjoy one of the most thorough introductory foil classes available anywhere! Taught by Harold Hayes, Maître d'Armes.

TO ENROLL, JUST COME TO THE CLASS
EQUIPMENT NOT REQUIRED FOR THE FIRST 3 WEEKS

PACIFIC FENCING CLUB
2329 SANTA CLARA AVE, ALAMEDA
(510) 814-1800 • pacificfencingclub.com

Ultimate Frisbee!

Alameda's Middle School Ultimate Program
for the 2025-26 school year

- Open to 6th-8th grade students of all schools, skill levels, and genders. Girls (trans inclusive) are especially welcomed. The high school team is also open to new players.
- Practices at Bayport Park (subject to change) starting in September, 2025, Wednesdays and Fridays, 4pm-6pm plus leagues and tournaments all school year
- Good Spirit is as important as winning

Join Taurus!

www.AlamedaUltimate.org

Home School P.E

Ages 5 - 13

ARPD is offering this weekday supervised morning sports program for elementary and middle school aged children (grades K-8th). This program is perfect for home schooled children looking to be active and have fun. Children will be taught games such as basketball, soccer, dodgeball, pickleball, capture the flag, and many other fun activities. The three main points of the program will be to promote physical fitness, learn fun sports, and making new friends. Participants are welcome to show up at any time during the camp, but going the full three hours is encouraged to get the full experience. Packing a snack is encouraged. The camp will be led by ARPD staff with experience in creating a safe, fun environment for kids to play and learn new sports. No previous sports experience is needed to participate, as this camp welcomes children of all athletic levels. The Alameda Gym provides the perfect place for learning both indoor and outdoor games, and allows this camp to take place regardless of weather!

Class # 30174	Aug 20 + Aug 22	W F	9:00am - 12:00pm
\$35	ARPD STAFF	Alameda Point Gym	
Class # 30176	Aug 27 + Aug 29	W F	9:00am - 12:00pm
\$35	ARPD STAFF	Alameda Point Gym	
Class # 30177	Sep 3 + Sep 5	W F	9:00am - 12:00pm
\$35	ARPD STAFF	Alameda Point Gym	
Class # 30178	Sep 10 + Sep 12	W F	9:00am - 12:00pm
\$35	ARPD STAFF	Alameda Point Gym	
Class # 30179	Sep 17 + Sep 19	W F	9:00am - 12:00pm
\$35	ARPD STAFF	Alameda Point Gym	
Class # 30180	Sep 24 + Sep 26	W F	9:00am - 12:00pm
\$35	ARPD STAFF	Alameda Point Gym	
Class # 30181	Oct 1 + Oct 3	W F	9:00am - 12:00pm
\$35	ARPD STAFF	Alameda Point Gym	
Class # 30182	Oct 8 + Oct 10	W F	9:00am - 12:00pm
\$35	ARPD STAFF	Alameda Point Gym	
Class # 30183	Oct 15 + Oct 17	W F	9:00am - 12:00pm
\$35	ARPD STAFF	Alameda Point Gym	
Class # 30184	Oct 22 + Oct 24	W F	9:00am - 12:00pm
\$35	ARPD STAFF	Alameda Point Gym	
Class # 30185	Oct 29 + Oct 31	W F	9:00am - 12:00pm
\$35	ARPD STAFF	Alameda Point Gym	
Class # 30186	Nov 5 + Nov 7	W F	9:00am - 12:00pm
\$35	ARPD STAFF	Alameda Point Gym	
Class # 30187	Nov 12 + Nov 14	W F	9:00am - 12:00pm
\$35	ARPD STAFF	Alameda Point Gym	
Class # 30188	Nov 19 + Nov 21	W F	9:00am - 12:00pm
\$35	ARPD STAFF	Alameda Point Gym	
Class # 30189	Dec 3 + Dec 5	W F	9:00am - 12:00pm
\$35	ARPD STAFF	Alameda Point Gym	
Class # 30190	Dec 10 + Dec 12	W F	9:00am - 12:00pm
\$35	ARPD STAFF	Alameda Point Gym	
Class # 30191	Dec 17 + Dec 19	W F	9:00am - 12:00pm
\$35	ARPD STAFF	Alameda Point Gym	



KSB Skate Dojo - Class

Ages 5 - 17

KSB Skate Dojo will teach the basics and fundamentals of Skateboarding. Skateboarding helps build confidence and is a fun, creative art form. There is a rental fee for a skateboard (\$10 day), helmet (\$10 day) and/or pads (\$10 day), or all three for \$25 a day, payable to the instructor on the first day. No class 6/28, 6/29, 7/5 & 7/6.

WEDNESDAYS			
Class # 30376	Sep 3 - Sep 24	W	3:30pm - 5:00pm
\$103	George Montes De Oca Jr	City View Skate Park	
Class # 30377	Oct 1 - Oct 22	W	3:30pm - 5:00pm
\$103	George Montes De Oca Jr	City View Skate Park	
Class # 30378	Oct 29 - Nov 19	W	3:30pm - 5:00pm
\$103	George Montes De Oca Jr	City View Skate Park	
SATURDAYS			
Class # 30379	Sep 6 - Sep 27	Sa	9:00am - 10:00am
\$103	George Montes De Oca Jr	City View Skate Park	
Class # 30381	Nov 1 - Nov 22	Sa	9:00am - 10:00am
\$103	George Montes De Oca Jr	City View Skate Park	
SUNDAYS			
Class # 30380	Oct 5 - Oct 26	Su	9:00am - 10:00am
\$103	George Montes De Oca Jr	City View Skate Park	

KSB Skate Dojo - Promo Day

Ages 5 - 17

KSB Skate Dojo will teach the basics and fundamentals of Skateboarding. Skateboarding helps build confidence and is a fun, creative art form. This is a special promotion day, at a very low price try all different techniques of skateboarding that you can learn during our classes and camps, if you are first me on the skateboard - Welcome! We will teach you basics during this Day! You can come for the whole time or only an hour, we will make sure you will have fun and learn during this Day! There is a rental fee for a skateboard (\$10/day), helmet (\$10/day) and/or pads (\$10/ day), or all three for \$25 a day, payable to the instructor on the first day.

Class # 30383	Nov 10	M	9:00am - 1:00pm
\$26	George Montes De Oca Jr	City View Skate Park	

KSB Skate Dojo - Fall Camp

Ages 5 - 17

KSB Skate Dojo will teach the basics and fundamentals of Skateboarding. Skateboarding helps build confidence and is a fun, creative art form. There is a rental fee for a skateboard (\$10 day), helmet (\$10 day) and/or pads (\$10 day), or all three for \$25 a day, payable to the instructor on the first day.

Class # 30382	Nov 24 - Nov 26	M Tu W Th F	9:00am - 3:00pm
\$309	George Montes De Oca Jr		City View Skate Park

Pickleball - After School

Grades 3 - 8

The Afterschool Pickleball program is a new program being introduced by ARPD! Pickleball is one of the fastest growing sports in the world, and for good reason! The goal of this program is to give children in Alameda easy access to learn and enjoy this amazing game from our positive staff. Participants will be taught the rules, fundamentals, and skills in an engaging environment! ARPD will provide all necessary equipment to play. Participants may bring their own paddles from home, but this is not required. This program will take place at the Alameda Point Gym. TRANSPORTATION AND DROP OFF/PICK UP GUIDELINES: ARPD offers transportation from Middle Schools to the Alameda Point Gymnasium via the Teen Center Shuttle. The Middle Schools ARPD provides transportation from are as follows, AOA, ACLC, JR Jets, Lincoln, NEA, and Wood (\$2 cash fee for the shuttle). Register for the teen center and it's shuttle by pasting this link into your browser: www.tinyurl.com/2zxzybz5. Participants are also welcome to be dropped off and picked up at the gym by any authorized pick up/drop off person. The program will end at 5:30 PM. All participants must be picked up from the gym by 5:40 PM. There will be a \$1 per minute late fee for any parent who picks up after 5:40 PM. Participants may also sign themselves out with parental authorization. No class 10/13 & 11/10.

GRADES 3 - 5			
Class # 30197	Sep 3 - Sep 29	M W	4:00pm - 5:30pm
Res \$80, NRes \$88	ARPD STAFF	Alameda Point Gym	
Class # 30199	Oct 1 - Oct 29	M W	4:00pm - 5:30pm
Res \$80, NRes \$88	ARPD STAFF	Alameda Point Gym	
Class # 30201	Nov 3 - Nov 19	M W	4:00pm - 5:30pm
Res \$50, NRes \$55	ARPD STAFF	Alameda Point Gym	
Class # 30203	Dec 1 - Dec 17	M W	4:00pm - 5:30pm
Res \$60, NRes \$66	ARPD STAFF	Alameda Point Gym	
GRADES 6 - 8			
Class # 30198	Sep 2 - Sep 30	Tu Th	4:00pm - 5:30pm
Res\$90, NRes \$99	ARPD STAFF	Alameda Point Gym	
Class # 30200	Oct 2 - Oct 30	Tu Th	4:00pm - 5:30pm
Res\$90, NRes \$99	ARPD STAFF	Alameda Point Gym	
Class # 30202	Nov 4 - Nov 20	Tu Th	4:00pm - 5:30pm
Res \$50, NRes \$55	ARPD STAFF	Alameda Point Gym	
Class # 30204	Dec 2 - Dec 18	Tu Th	4:00pm - 5:30pm
Res \$60, NRes \$66	ARPD STAFF	Alameda Point Gym	

Tennis - Group Lessons

Ages 6 - 17

This class introduces students to the fundamentals of the game, covering ground-stroke, volley and serve techniques, alongside basic movement and court positioning. We focus on consistent positive reinforcement, allowing kids to gain success and build confidence while ensuring they receive a solid foundation from which to start their tennis career. The class consists of a combination of drills and games, alongside basic fitness exercises to provide a well-rounded session that keeps learning tennis fun. Saturday's only. We strongly encourage participants to bring their own racket. Please wear comfortable athletic shoes. Lastly, choosing to miss a class will NOT result in reimbursement.

AGES 6 - 7			
Class # 30269	Sep 20 - Nov 1	Sa	8:00am - 8:30am
Res \$81, NRes \$91	ARPD STAFF	Krusi Park, Tennis Court # 1	
Class # 30270	Sep 20 - Nov 1	Sa	8:35am - 9:05am
Res \$81, NRes \$91	ARPD STAFF	Krusi Park, Tennis Court # 1	
AGES 8 - 9			
Class # 30271	Sep 20 - Nov 1	Sa	9:10am - 9:40am
Res \$81, NRes \$91	ARPD STAFF	Krusi Park, Tennis Court # 1	
Class # 30272	Sep 20 - Nov 1	Sa	9:45am - 10:15am
Res \$81, NRes \$91	ARPD STAFF	Krusi Park, Tennis Court # 1	
AGES 10 - 12			
Class # 30273	Sep 20 - Nov 1	Sa	10:45am - 11:15am
Res \$81, NRes \$91	ARPD STAFF	Krusi Park, Tennis Court # 1	
AGES 13 - 14			
Class # 30274	Sep 20 - Nov 1	Sa	11:20am - 11:50am
Res \$81, NRes \$91	ARPD STAFF	Krusi Park, Tennis Court # 1	
AGES 15 - 17			
Class # 30275	Sep 20 - Nov 1	Sa	12:00pm - 12:30pm
Res \$81, NRes \$91	ARPD STAFF	Krusi Park, Tennis Court # 1	



TWEENS & TEENS - CAMPS, DANCE, ENRICHMENT

CAMPS

Adventure: Friendsgiving

Grades 6 - 12

Happy Friendsgiving! Come hang out at the Underground for an exciting and FREE drop in program for the non school day break! With a wide variety of fun and excitement, we've got something for everybody! Join your friends, or make new ones at the Underground Teen Center, packed with food, fun and fall vibes! Create unique crafts and holiday treats. Enjoy a nice local walk in Alameda, enjoy the Fall air. Bring your allowance money as the Underground does have snacks and drinks for purchase. Register soon, space is extremely limited! Pick-up and drop off is at the Underground Teen Center (2203 Central Avenue at Walnut Street) unless noted otherwise. For any questions please contact Ashley Cendejas, at acendejas@alamedaca.gov.

Class # 30213	Nov 23 - Nov 24	M Tu	11:30am - 4:30pm
Free	ARPD Staff	Underground Teen Center	

Adventure: Winter Break Out

Grades 6 - 12

Join ARPD for a variety of exciting and affordable activities for the non school day Tween/ Teen Adventure! With a wide variety of fun and excitement and trips, we've got something for everybody! Join your friends, or make new ones as we embark on an adventure during this winter of fun. Throughout the week there will be cooking projects, board games and other fun activities. Come and be creative with some holiday crafting. Enjoy a trip to somewhere fun. Relax on the Last day in your pajamas and we'll end the year with a holiday movie marathon and game tournament. Make sure to bring some lunch and allowance money for the Underground Teen Store, as snacks and drinks will be available for purchase. Registration fee includes transportation, supervision and trip prices. For any questions, please contact Ashley Cendejas at acendejas@alamedaca.gov. Space is limited, so register early.

Class # 30233	Dec 22 - Dec 24	M Tu W	11:30am - 4:30pm 10:0am - 3:00pm
TBD	ARPD Staff	Underground Teen Center	
Class # 30299	Dec 29 - Dec 31	M Tu F W	11:30am - 4:30pm 10:0am - 3:00pm
TBD	ARPD Staff	Underground Teen Center	

Cancellation, Withdrawal & Transfer Policy:

- Some specialty camps or programs may have different policies and service fees. Please refer to the description or details for any specific program prior to registration.
- A \$20 service fee applies to any changes or transfers made after your original registration.



DANCE

Beginning Teen Ballet

Ages 12 - 17

This class is geared towards our returning beginning teens, or for teens who have past dance experience and are looking to make a return to ballet. Grab a friend and give it a try! It's a great workout!!!

Class # 30372	Aug 19 - Nov 4	Tu	5:15pm - 6:30pm
\$396	ABA STAFF	Alameda Ballet Academy, 1402 Park St	
Class # 30371	Aug 23 - Nov 8	Sa	2:30pm - 3:45pm
\$396	ABA STAFF	Alameda Ballet Academy, 1402 Park St	

ENRICHMENT

Acting for Teens

Ages 12 - 17

Our NEW teens acting program will incorporate improvisation, acting games, vocal exercises, script work and science building! Vocal projection, blocking, body awareness and connecting with character will be part of the creative journey! No class 11/22.

Class # 30395	Aug 16 - Sep 6	Sa	11:30am - 12:30pm
\$71	Kate Barnes	Veteran's Memorial Building, Room 250	
Class # 30540	Oct 25 - Dec 13	Sa	11:30am - 12:30pm
\$123	Kate Barnes	Veteran's Memorial Building, Room 250	

Kayaking – Ages 5+, See page 13

Taiko Drums – Ages 10+, See page 13

TEEN CENTER

Teen Center & Transportations

Grades 6 - 12

The Underground Teen Center (UTC) provides a safe place for tweens and teens to have fun, socialize with friends, and participate in active, fun and enriching activities with adult supervision. The UTC has a big screen TV, pool table, video games, ping-pong/shuffleboard, board games, music, and a snack bar. There is no charge to visit The UTC, however, some activities may require a small materials fee. Participants must register prior to attending program and are required to sign-in and sign-out on a daily basis. There is no program on Holidays, and other AUUSD non-school days.

Class # 30163	Aug 20 - Jun 4	M Tu W Th F	2:00pm - 5:30pm
Free	ARPD Staff	Veteran's, Underground Teen Center	
Underground Transportation Services: The Teen Shuttle offers convenient after school transportation from AUSD Middle Schools to the Underground Teen Center. Vans will depart from school 10 minutes after the bell dismissal.			
Academy of Alameda			Class # 30166
Alameda Community Learning Center (ACLC)			Class # 30167
Junior Jets			Class # 30168
Lincoln Middle School			Class # 30169
NEA			Class # 30165
Other Non-AUSD Schools			Class # 30171
Wood Middle School			Class # 30170

COMMUNITY SERVICE

Alameda Youth Committee - AYC

Grades 6 - 12

Come create Unforgettable Experiences!

Do you have a flair for creativity? Are you the type of person who loves bringing people together and making things happen? If so, the Alameda Youth Committee or AYC is calling your name!

AYC is an Event Planning and as part of this exciting committee, you'll:

- Plan and organize amazing events that bring the community or your peers together and leave lasting memories
- Work alongside a dynamic team of passionate young people, all bringing fresh ideas and energy to every project.
- Sharpen your skills in event management, teamwork and problem solving skills that look great on any resume.
- Be at the heart of the action, from brainstorming ideas to executing events that make a difference.
- Networking with local vendors, influencers and leaders, gaining valuable connections that will help you in your future career.

Whether its a day in the park full of games and crafts, fundraisers, social meetups, or dances you'll be in charge of planning, promoting and executing events that are fun, impactful and unforgettable. Plus, you'll gain hands on experience that will set you apart in any career field.

Class # 30175	Aug 20 - May 6	1st & 3rd W	3:30pm - 5:00pm
\$25-45	ARPD Staff	Veteran's Memorial Building, Room 390	

COMMUNITY SERVICE HOURS

Volunteer hour completion letters will be emailed to volunteers between the end of April and mid-May. Volunteers must reach out within one year of their service date if they did not receive their letter or need to request verification of their hours, as records may not be retained beyond that period.

Every Act Matters

Grades 6 - 12

Can't commit to months of volunteering for your community service hours? One day, one event, one moment of showing up can create a ripple effect bigger than you realize. Whether you're helping with a community cleanup, community event, or cheering for someone - your time and energy counts. Pick what interest you, and we'll reach out about upcoming volunteer opportunities throughout the school year. Hours and number of volunteers varies depending on Events. Email will be sent to confirm time and location. Completion of hours will be given out at the end of April to Mid May. For more information please contact Ashley Cendejas at acendejas@alamedaca.gov

Class # 30250	Aug 22 - Dec 19	F Sa	Times varies
Free	ARPD Staff	Location and times varies by event	

Teen Haunted House - 20th Annual

Grade 6 - 12

TEENS, CLUBS AND GROUP VOLUNTEERS NEEDED!

Calling all teens and tweens, along with teen clubs and groups! We're looking for volunteers to help plan, create and work this years 20th Annual Teen Haunted House.

Join the Haunted House Planning & Creations Team: Spookify your community and earn Community Service Hours. Get rewarded with a discount trip to Six Flags Fright Fest for all your spooky efforts! Registration forms will go out to those who completed the requirement Hours!

Are you ready to get creative, have fun and give your community a thrill this Halloween season? Join the team and help craft a spine-chilling experience that everyone will remember! YOU are the designers, the actors, the makeup crew, and the storytellers. It's going to be epic, and we need your weirdest, creepies and most creative ideas!

By joining the team, you'll:

- Bring your spooky ideas to life as you help plan and create epic haunted house full of thrills, scares and surprises.
- Earn community service hours while working on a project that will give back to your community in a fun and exciting way
- Collaborate with fellow students and volunteers to create a truly unique experience, from designing terrifying rooms to setting up haunting props and special effects.
- Learn valuable skills in event planning, teamwork, design and even acting-all while having a blast!
- Be part of something special, where your hard work helps creat an event that brings the community together for a night of frights and fun.
- No experience necessary- just bring your creativity, enthusiasm, and a love for spooky things!

Continued on next page

TWEENS & TEENS - COMMUNITY SERVICE

Group Requirements: to earn Service Hours:

- One person of the group apply (i.e. President, leader or person who will oversee the group.)
- All Members must fill out the application before the start of the Initial Meeting date.
- Minimum of 8 and Max of 20 Volunteers per group
- Half the group must attend 2/4 MANDATORY planning meetings
- The group must complete a minimum of 240 hours COMBINED of scene-prep hours.
- Half the group must work at least 2 out of the 3 event weekend dates.
- Half the group must also assist with pack-up/clean-up during the post-event week.

All proceeds benefit the ARPD Teen Programs.

For more information, please contact Ashley Cendejas at 510-747-7575, or visit www.alamedaca.gov/recreation

CLUBS/ GROUPS			
Class # 30237	Sep 15 - Oct 28	M Tu W Th F Sa	Times varies
Free	ARPD Staff	Location varies, see description for more info	
INDIVIDUALS			
Class # 30236	Sep 15 - Oct 28	M Tu W Th F Sa	Times varies
Free	ARPD Staff	Location varies, see description for more info	

Scare & Be Scared at Fright Fest

Grades 6 - 12

Volunteer and Earn your Fright Fest Reward

Join the Teen Haunted House Crew Activity #30236 - work hard, scare harder, and earn your volunteer hours while having a blast! Get rewarded with a discount trip to Six Flags Fright Fest for all your spooky efforts! Spots are limited – Secure your spot on the scare squad! Registration forms will go out to those who completed the required Hours below!

How it Works to earn Fright Fest Trip:

VOLUNTEER REQUIREMENT:

- Volunteers must attend ALL MANDATORY planning meetings at Veterans Building, 2203 Central Ave in Auditorium.
 - Monday, Sep 15 & 17 from 4:00pm - 5:30pm
 - Wednesday, Sep 22 & 24 from 2:30pm - 5:00pm
- Volunteers must complete a minimum of 30 hours of scene-prep prior to the Haunted House event weekend, between the dates of Sep 29 - Oct 23
- Volunteers must work at least 2 out of the 3 event weekend dates, Oct 24 - Oct 26, to ensure the success of this event.
- Volunteers must also assist with pack-up/clean-up after school during the post-event week of Oct 27 - Oct 28 until it is complete.

BEHAVIOR CLAUSE:

- Volunteers must show up on time, stay engaged and maintain a good attitude to qualify.

BONUS: VOLUNTEER PERKS - FREE TICKET FOR FRIGHT FEST

- Top 2 VOLUNTEERS who have the Most Hours
- Top 2 Best Costume - Voted by Staff
- Top 2 Volunteers who get the most SUPPORTERS to come to the Haunted House (Tally will be taken and supporters must name the teen Volunteer)

For more information, please contact Ashley Cendejas at acendejas@alamedaca.gov

Class # 30172	Sep 29 - Oct 28	4:00pm - 11:00pm
TBA	ARPD Staff	

Teens Teaching Technology

Grades 6 - 12

This program is a collaboration between the Mastick Senior Center and the ARPD Teen Programs. Teens will meet at the Mastick Senior Center (1155 Santa Clara Ave, Alameda) and assist Mastick members with their electronic devices. Devices can include, but are not limited to, iPhones, Android smartphones, assorted cell phones, tablets (iPads & Android), and laptops. Program hours count towards required community service. Transportation is provide to Mastick Senior Center. Please meet at Underground Teen Center at 22023 Central Ave and let staff be aware teen needs transportation. Van leaves exactly at 3:45pm from Teen Center.

Class # 30510	Sep 4	Th	4:00pm - 5:00pm
Free	ARPD Staff	Mastick Senior Center, Room C	
Class # 30304	Sep 18	Th	4:00pm - 5:00pm
Free	ARPD Staff	Mastick Senior Center, Room C	
Class # 30511	Nov 6	Th	4:00pm - 5:00pm
Free	ARPD Staff	Mastick Senior Center, Room C	
Class # 30305	Nov 20	Th	4:00pm - 5:00pm
Free	ARPD Staff	Mastick Senior Center, Room C	
Class # 30512	Dec 4	Th	4:00pm - 5:00pm
Free	ARPD Staff	Mastick Senior Center, Room C	
Class # 30306	Dec 18	Th	4:00pm - 5:00pm
Free	ARPD Staff	Mastick Senior Center, Room C	



MARTIAL ARTS

Aikido for Teens and Adults

Ages 14+

Aikido is a powerful system of self-defense that blends with the energy of your opponent to render their attacks harmless. Through regular practice, adults may use Aikido as a means to enhance and maintain their health and flexibility. There is a \$40 fee for gi uniform, payable to Instructor on first day.

Class # 30356	Sep 2 - Oct 16	Tu Th	6:00pm - 7:00pm
\$78	Aikikai, Alameda	2429 Clement Ave., Alameda, CA	
Class # 30357	Oct 21 - Dec 11	Tu Th	6:00pm - 7:00pm
\$78	Aikikai, Alameda	2429 Clement Ave., Alameda, CA	

Iaido - Classical Sword Art of Japan

Ages 16+

Muso Jikiden Eishin Ryu is a classical Japanese swordsmanship style emphasizing precise techniques, mindfulness, and grace. Rooted in samurai culture, it mostly teaches solo forms, focusing on drawing the sword and situational combat scenarios. Ideal for developing discipline, coordination, and a deep connection to martial tradition. No classes on Thanksgiving week Nov 23-29.

Class # 30336	Sep 4 - Oct 16	Th	6:10pm - 7:40pm
\$109	Mikhail Faiguenblat	Veteran's Memorial Building, Auditorium Room 250	
Class # 30339	Sep 6 - Oct 18	Sa	3:00pm - 4:30pm
\$109	Mikhail Faiguenblat	Veteran's Memorial Building, Auditorium Room 250	

SPECIAL DISCOUNT FOR ATTENDING TWO CLASSES PER WEEK

Class # 30340	Sep 4 - Oct 18	Th Sa	6:10pm - 4:30pm
\$145	Mikhail Faiguenblat	Veteran's Memorial Building, Auditorium Room 250	
Class # 30341	Oct 25 - Dec 13	Sa	3:00pm - 4:30pm
\$109	Mikhail Faiguenblat	Veteran's Memorial Building, Auditorium Room 250	
Class # 30342	Oct 23 - Dec 11	Th	6:10pm - 7:40pm
\$109	Mikhail Faiguenblat	Veteran's Memorial Building, Auditorium Room 250	

SPECIAL DISCOUNT FOR ATTENDING TWO CLASSES PER WEEK

Class # 30343	Oct 23 - Dec 13	Th Sa	6:10pm - 4:30pm
\$145	Mikhail Faiguenblat	Veteran's Memorial Building, Auditorium Room 250	



VIRTUAL

Teen Drivers Ed: Your First Step Toward Freedom!

Ages 15+

Our course is designed to give you the knowledge and foundation you need to be a safe, responsible driver. Complete this class online, at your own pace. Interactive lessons help you understand road rules. Upon successful completion, receive a DMV approved certificate - required for the DMV written and road test. Registration is on-going.

Class # 30363	Sep 2 - Dec 13	Take At Your Own Pace
\$52	Bay Area Driving School	Online Course

Virtual Driver's Ed

Ages 15+

This is a virtual Driver's Education class with a live instructor. Students will enjoy a series of Driver's Education lectures, including understanding the responsibilities of having a driver's license, learning the rules of the road. Independent assignments will also be completed during the week. Receive a DMV-approved certificate. This is a mandatory class for drivers under 18. No class Nov 27 & Jan 1.

Class # 30368	Oct 4 - Oct 25	Sa	9:00am - 12:00pm
\$242	Bay Area Driving School		Virtual Class
Class # 30365	Nov 24 - Nov 26	M Tu W F	9:00am - 12:00pm
\$242	Bay Area Driving School		Virtual Class
Class # 30366	Dec 22 - Dec 27	M Tu F Sa	9:00am - 12:00pm
\$242	Bay Area Driving School		Virtual Class

DONATE NOW!
Support Alameda Parks



ADULTS – DANCE, ENRICHMENT, MIND/BODY, MUSIC & SPORTS

DANCE

Beginner Salsa Dancing

Ages 18+

For newer dancers to salsa, this class will teach you the foundational movements, sequences connection and technique for salsa partnerwork. No need to come with a partner as we will rotate throughout the class.

Class # 30394	Aug 13 - Sep 3	W	7:00pm - 7:55pm
\$75	Kate Barnes	Veteran's Memorial Building, Auditorium Room 250	
Class # 30541	Oct 22 - Dec 10	W	7:00pm - 7:55pm
\$130	Kate Barnes	Veteran's Memorial Building, Auditorium Room 250	

ENRICHMENT

Mastick Speaker Series

Ages 18+

Mastick Senior Center will host a series of presentations on a wide range of topics designed to benefit senior citizens. Presenters constantly strive to provide the latest information and news about our community. Their goal is to ensure you have a platform to be heard by offering valuable resources. We hope these efforts will help build a stronger and more cohesive community. We all work better as a team! Please join us every second and fourth Wednesday of each month!

Class # 30360	Sep 10 - Dec 10	W	1:00pm - 3:00pm
Free	Mastick Senior Center, Media Room		

MIND & BODY

Wild Goose Qigong

Ages 18+

Wild Goose Qigong is an ancient Chinese healing system inspired by the graceful, flowing, dynamic movements of wild geese. It aims to enhance the flow of Qi through the body's meridians, reduce stress, and nourish our sense of well-being. No class Nov 26.

Class # 30362	Oct 22 - Dec 10	W	10:30am - 11:30am
\$109	Nicole Stone	Lincoln Park, Harrison Center	

Cancellation, Withdrawal & Transfer Policy:

- Some specialty camps or programs may have different policies and service fees. Please refer to the description or details for any specific program prior to registration.
- A \$20 service fee applies to any changes or transfers made after your original registration.

MUSIC

Alameda Community Band

Ages 18+

This class is made up of woodwind, brass, and percussion instrumentalists. Some ability on your instrument is required. There are weekly rehearsals leading to a series of concerts. Rehearsals are at Alameda High School in the Band Room. No class Nov 11, Thanksgiving week.

Class # 30507	Aug 19 - Dec 9	Tu	7:30pm - 9:30pm
\$78	Michael Wirgler	Alameda High School, Band Room	

Alameda Sings! Alameda Community Chorus- ACC

Ages 18+

This is a mixed chorus open to anyone who like to sing. No auditions. Reading music is not required. We perform two concerts per year and other occasions as requested. Concert December 13, 2025.

Class # 30118	Sep 8 - Dec 8	M	7:00pm - 9:00pm
\$153	Barbara Acosta	Mastick Senior Center, Dining Room 2	

Taiko Drums – Ages 10+, See page 13

SPORTS

Alameda Point Open Gym

Ages 18+

We are excited to announce Open Gym is returning at the Alameda Point Gymnasium. Starting Sunday, September 7th, 2025, the public is invited to join us for an evening of casual shooting, skill development, and friendly games. Open Gym will run weekly on Sundays from 6:00pm - 10:00pm until November 23rd. Whether you want to work on fundamentals or enjoy some friendly competition, all are welcome. We are looking forward to seeing your teen there! Please register online in advance. Day of registration and permittance will only be allowed if space is available. We do not accept cash!

Class # 30322	Sep 7	Su	6:00pm - 10:00pm	\$8	Alameda Point Gym
Class # 30323	Sep 14	Su	6:00pm - 10:00pm	\$8	Alameda Point Gym
Class # 30324	Sep 21	Su	6:00pm - 10:00pm	\$8	Alameda Point Gym
Class # 30325	Sep 28	Su	6:00pm - 10:00pm	\$8	Alameda Point Gym
Class # 30326	Oct 5	Su	6:00pm - 10:00pm	\$8	Alameda Point Gym
Class # 30327	Oct 12	Su	6:00pm - 10:00pm	\$8	Alameda Point Gym
Class # 30328	Oct 19	Su	6:00pm - 10:00pm	\$8	Alameda Point Gym
Class # 30329	Oct 26	Su	6:00pm - 10:00pm	\$8	Alameda Point Gym
Class # 30330	Nov 2	Su	6:00pm - 10:00pm	\$8	Alameda Point Gym
Class # 30331	Nov 9	Su	6:00pm - 10:00pm	\$8	Alameda Point Gym
Class # 30332	Nov 16	Su	6:00pm - 10:00pm	\$8	Alameda Point Gym
Class # 30333	Nov 23	Su	6:00pm - 10:00pm	\$8	Alameda Point Gym

Dodgeball League

Ages 18+

ARPD is thrilled to announce the launch of our Adult Dodgeball League starting in September at the Alameda Point Gymnasium. Whether you're a seasoned player or just looking for a fun way to stay active and competitive, this league is for you! Form your team and get ready for some high-energy fun.

Registration opens in July 2025, on Team Sideline!

www.teamsideline.com/arpd

Stay tuned for more details and get ready to throw, dodge, and score your way to victory this summer!

Kayaking – Ages 5+, See page 13

Softball League

Ages 18+

ARPD's Adult Softball Program is back for Fall 2025 with Men's, Women's, and Coed leagues ready to hit it out of the park! Whether you're a seasoned slugger or just playing for fun, there's a team for you.

Gather your crew and get in the game – Learn more and register at: www.teamsideline.com/arpd

Tennis Group Lessons – Beginner

Ages 18+

For students with little or no previous tennis instruction. Begin your lifetime love of the game here in a fun and encouraging environment. Students will be introduced to the basic skills needed to play: forehand, backhand, serve, and rules of the game. Coaches make learning fun through group games and point simulations. Please wear comfortable athletic running shoes. We strongly recommend bringing your own racket and water bottle. Lastly, please know that choosing to miss a lesson will NOT result in reimbursement.

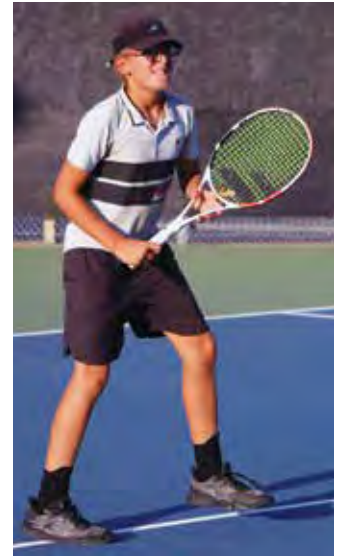
Class # 30130	Sep 22 - Oct 27	M	5:30pm - 6:30pm
Res \$ 138, NRes \$ 156	ARPD STAFF	Krusi Park, Tennis Court #1 + 2	
Class # 30131	Sep 22 - Oct 27	M	6:30pm - 7:30pm
Res \$ 138, NRes \$ 156	ARPD STAFF	Krusi Park, Tennis Court #1 + 2	
Class # 30132	Sep 24 - Oct 29	W	5:30pm - 6:30pm
Res \$ 138, NRes \$ 156	ARPD STAFF	Krusi Park, Tennis Court #1 + 2	
Class # 30133	Sep 24 - Oct 29	W	6:30pm - 7:30pm
Res \$ 138, NRes \$ 156	ARPD STAFF	Krusi Park, Tennis Court #1 + 2	



Tennis Group Lessons – Advanced Beginner

Ages 18+

For students graduating with 1-2 sessions of beginning tennis, the advanced beginner level offers an opportunity to build upon their skills. This level focuses on adding more movement to ground strokes, improving serving technique, and developing basic control of the ball in terms of left and right placement. Players will engage in fun and challenging point play simulations, while also being introduced to volleys, net play, and basic doubles strategies. Please wear comfortable athletic running shoes. We strongly recommend bringing your own racket and water bottle. Lastly, please know that choosing to miss a lesson will NOT result in reimbursement.



Class # 30128	Sep 23 - Oct 28	Tu	5:30pm - 6:30pm
Res \$ 138, NRes \$ 156	ARPD STAFF	Krusi Park, Tennis Court #1 + 2	
Class # 30129	Sep 23 - Oct 28	Tu	6:30pm - 7:30pm
Res \$ 138, NRes \$ 156	ARPD STAFF	Krusi Park, Tennis Court #1 + 2	
Class # 30126	Sep 25 - Oct 30	Th	5:30pm - 6:30pm
Res \$ 138, NRes \$ 156	ARPD STAFF	Krusi Park, Tennis Court #1 + 2	
Class # 30127	Sep 25 - Oct 30	Th	6:30pm - 7:30pm
Res \$ 138, NRes \$ 156	ARPD STAFF	Krusi Park, Tennis Court #1 + 2	

Private Tennis Lessons

Ages 18+

For information regarding private tennis lesson scheduling please contact Recreation Supervisor, Joey Carroll, jcarroll@alameda.gov.

VIRTUAL

Voice Overs... Now is Your Time!

Ages 18+

In what could be the most enlightening webinar you've ever taken, our instructor and professional voice coach will show you how you can actually begin using your speaking voice for commercials, films, videos and more. This class will be presented via Zoom. Staff from "Such A Voice" will contact you via email with instructions to access this online class.

Class # 30267	Sep 24	W	6:00pm - 8:00pm
\$31	Such A Voice LLC	Virtual Class	
Class # 30268	Nov 13	Th	6:00pm - 8:00pm
\$31	Such A Voice LLC	Virtual Class	



Making Connections · Staying Active · Living Well

Programs and Services for Adults age 50 and older

1155 Santa Clara Ave, Alameda, CA
(510) 747-7500

Website: www.alamedaca.gov/mastick
Suggestion Box, masticksuggestion@alamedaca.gov

Hours

Program Hours:

Mon-Fri 9:00am - 4:00pm, Sat 9:00am - 2:00pm

Facility Hours: 9:00am - 4:00pm (Courtyard ONLY)

Mastick Thrift Shop: Tue & Sat: 10:00am - 2:00pm

Staff

Morace McKay, Recreation Manager
mmckay@alamedaca.gov, (510) 747-7510

Rich Castrillon, Recreation Assistant
rcastrillon@alamedaca.gov, (510) 747-7511

Justin Long, Alameda Recreation and Parks Director
jlong@alamedaca.gov, (510) 747-7570

MASTICK SENIOR CENTER ADVISORY BOARD (MSCAB)

The MSCAB is the active administrative advisory committee providing advice and counsel on all matters connected with accomplishing the Center's mission.

MSCAB Monthly Meetings

The MSCAB meets on the third Wednesday of the month at 9:30am in Room D. All are welcome! For more info, call (510) 747-7500.

Mastick Thrift Shop

Tue & Sat (Shopping): 10:00am - 2:00pm, Open to the public
Donations accepted: Tue, Thu & Sat, 9:30am - 1:00pm
Proceeds support Mastick Senior Center programs.
For details, call (510) 747-7500.

MSCAB Scholarship Program for Low Income Members

The MSCAB provides assistance four times per year to members meeting low-income limits set by HUD to offset the cost of Mastick programs and trips. Scholarships fund 50% of the program cost not to exceed \$50. To apply, visit the Mastick Lobby.

Application must be submitted at time of registration.

MASTICK MEMBERSHIP

Become a Mastick Member

Are you a member or thinking about becoming one? Do you simply need to renew your membership? Membership is FREE, extended to individuals, age 50+, and REQUIRED to participate in our programs. To receive a registration form, call (510) 747-7500.

New Member Orientation

New Member Orientation offers a guided tour to introduce you to the Center, an information packet outlining the various programs and services and a coupon for a complimentary lunch!

Join us on Thursdays, Jul 10, Aug 14, Sep 11, Oct 9, Nov 13 & Dec 11 at 10:30am - 11:30am in the Game Room.

Registration required, call (510) 747-7500, Class # 30509.

VOLUNTEERS WANTED!

Volunteers are the backbone of Mastick Senior Center!

Join our team and experience the many benefits of volunteerism including new friendships, assisting others, and the opportunity to share skills or learn new ones! Training provided to ensure success in your new endeavor. To complete a volunteer application, visit the Mastick Lobby, or contact Rich Castrillon, Volunteer Coordinator at rcastrillon@alamedaca.gov or call (510) 747-7511.



SPECIAL EVENTS

Birthday Celebrations

Celebrate Your Birthday with Us!

**Join us on Thursdays,
Jun 26, Jul 24, Aug 28, Sep 25, Oct 23, Nov 20 & Dec 18
at 12:30pm in Dining Room 2**

for sweet treats and happy birthday wishes!

Registration not required.

ARTS & CRAFTS

Ceramics – Beginning & Continuing Students

This session is recommended for those with no ceramics experience. Some demonstrations, potential projects, and classroom support provided. Students are asked to participate in daily cleanup and maintenance of tools, materials, and the classroom. On both Tuesdays & Thursdays from 12:30-2:45 PM, (including ceramics lab), up to 16 registered students may use the facility to work on projects. This is first come, first serve. Availability of the lab may vary depending on availability of volunteer monitors. No class 11/27 and 11/11.

Class #30096	Sep 16—Nov 4	Tu	10:00 am-12:00 pm
\$86	Mastick Senior Center, Skill Center		
Class #30098	Sep 18—Nov 6	Th	10:00 am-12:00 pm
\$86	Mastick Senior Center, Skill Center		
Class #30099	Nov 13—Dec 18	Th	10:00am-12:00 pm
\$56	Mastick Senior Center, Skill Center		
Class #30097	Nov 18—Dec 30	Tu	10:00 am-12:00 pm
\$56	Mastick Senior Center, Skill Center		

Chinese Ink Painting

The instructor will demonstrate Chinese ink freehand flower and bird painting with a variety of methods and critique students' artwork to show them how to improve their painting skills. No class 11/11.

Class # 30461	Sep 2 - Dec 30	Tu	10:00am - 12:00pm
Free	Mastick Senior Center, Room E		

Drawing and Painting

Explore techniques in a variety of mediums such as watercolor, acrylic, pastel, graphite and colored pencil. Students work in medium(s) of their choice. (No oil paints or products that emit strong odors.) An understanding of basic art techniques is strongly recommended, but all levels of experience are welcome. No class 11/28

Class # 30418	Sep 29 - Nov 17	M	12:30pm - 3:00pm
\$84	Mi'Chelle Fredrick	Mastick Senior Center, Skill Center	
Class # 30419	Oct 3 - Nov 21	F	10:00am - 12:30pm
\$84	Mi'Chelle Fredrick	Mastick Senior Center, Skill Center	

DRAWING AND PAINTING LAB

Free and ongoing for students enrolled in Drawing & Painting class.

Class # 30420	Sep 5 - Dec 26	F	1:00pm - 3:00pm
Free	Mastick Senior Center, Skill Center		

Knitting Circle

Must be a Mastick Member. Join the Knitting Circle every Wednesday afternoon and share projects, conversation, and fun! No instruction however, beginners are welcome and will be supported.

Class # 30480	Sep 3 - Dec 31	W	1:00pm - 3:00pm
Free	Mastick Senior Center, Room B		

Mastick Sewing Workshop

No registration required, simply go to class and join like-minded folks who sew.

Class # 30491	Sep 3 - Dec 24	W	9:00am - 1:00pm
Free	Mastick Senior Center, Room B		

Quilting

Bring your project and we will muddle through it. No class on 10/13, 10/16, 11/3, 11/6, 11/24, 11/27.

Class # 30156	Sep 15 - Dec 8	M	9:30am - 11:30am
\$63	Kathleen Fennelly	Mastick Senior Center, Room B	
Class # 30157	Sep 15 - Dec 8	M	1:00pm - 3:00pm
\$63	Kathleen Fennelly	Mastick Senior Center, Room B	
Class # 30154	Sep 18 - Dec 11	Th	9:30am - 11:30am
\$63	Kathleen Fennelly	Mastick Senior Center, Room B	
Class # 30155	Sep 18 - Dec 11	Th	1:00pm - 3:00pm
\$63	Kathleen Fennelly	Mastick Senior Center, Room B	

Stained Glass & Mosaic – Beginner & Intermediate

Designed for beginners and intermediate skill levels in glass art seeking to refresh, sharpen, and share their knowledge with fellow class members. Must be able to work independently to design, construct, and complete projects. No class 11/26

Class # 30082	Sep 17 - Oct 22	W	9:30am - 12:00pm
\$83	Colene Leong	Mastick Senior Center, Skill Center	
Class # 30086	Sep 29 - Nov 3	M	9:30am - 12:00pm
\$83	Colene Leong	Mastick Senior Center, Skill Center	
Class # 30084	Nov 5 - Dec 17	W	9:30am - 12:00pm
\$83	Colene Leong	Mastick Senior Center, Skill Center	
Class # 30087	Nov 10 - Dec 15	M	9:30am - 12:00pm
\$83	Colene Leong	Mastick Senior Center, Skill Center	

LAB FOR INTERMEDIATES

Must be able to work independently to design, construct, and complete projects.

Class # 30083	Sep 17 - Oct 22	W	12:30pm - 3:00pm
\$63	Colene Leong	Mastick Senior Center, Skill Center	
Class # 30085	Nov 5 - Dec 17	W	12:30pm - 3:00pm
\$63	Colene Leong	Mastick Senior Center, Skill Center	



50+ ADULTS - ARTS & CRAFTS, ENTERTAINMENT & DANCE

Weaving

WEAVING- BEGINNING

Learning the basics of hand weaving using frame looms. Class is designed for those with little or no experience with weaving.

Class # 30090	Sep 2 - Oct 7	Tu	9:00am - 12:00pm
Free		Mastick Senior Center, Room B	

Class # 30091	Oct 14 - Nov 25	Tu	9:00am - 12:00pm
Free		Mastick Senior Center, Room B	

Class # 30095	Dec 2 - Dec 16	Tu	9:00am - 12:00pm
Free		Mastick Senior Center, Room B	

RIGID HEDDLE WEAVING - LAB

Participants will be using their own looms and working on existing projects.

Class # 30090	Sep 2 - Oct 7	Tu	9:00am - 1:30pm
Free		Mastick Senior Center, Room B	

Class # 30079	Sep 6 - Oct 11	Sa	9:00am - 12:00pm
Free		Mastick Senior Center, Room B	

Class # 30094	Oct 14 - Nov 25	Tu	9:00am - 1:30pm
Free		Mastick Senior Center, Room B	

Class # 30080	Oct 18 - Nov 22	Sa	9:00am - 12:00pm
Free		Mastick Senior Center, Room B	

Class # 30095	Dec 2 - Dec 16	Tu	9:00am - 1:30pm
Free		Mastick Senior Center, Room B	

Class # 30081	Dec 6 - Dec 20	Sa	9:00am - 12:00pm
Free		Mastick Senior Center, Room B	

ARTS & ENTERTAINMENT

Mastick Movie Matinee

Join other Mastick Members on the 1st and 3rd Wednesdays of each month to watch a variety of movies which include current blockbusters, as well as the classics. Free popcorn will be provided. Check the monthly Mastick newsletter to find out what is showing.

Class # 30485	Sep 3 - Dec 17	1st & 3rd W	12:30pm - 3:00pm
Free		Mastick Senior Center, Dining Room 2	

Music Appreciation

Join Bill Sturm, Volunteer, for a performance and discussion of classical music. Please join us every fourth Thursday of each month! No class 10/16, 11/27.

Class # 30487	Sep 25 - Dec 18	Th	1:30pm - 2:30pm
Free	Bill Sturm	Mastick Senior Center, Dining Room 2	

The Great American Song Book

Join Glenn Fong, Volunteer, for a musical journey on the second Wednesday of each month!

Class # 30471	Sep 10 - Dec 10	2nd W	1:00pm - 3:00pm
Free		Mastick Senior Center, Dining Room 2	

DANCE

Egyptian Folkloric Dance

For beginners and intermediate beginners. Introduction to Egyptian folkloric dance and music. The use of finger cymbals, dance veil and canes are also used in this ethnic dance. A slow warm-up to relax the muscles begins this class and ends with a slow cool down. No class 11/28.

Class # 30049	Sep 5 - Dec 19	F	9:00am - 10:30am
Free	Roberta Trowbridge	Mastick Senior Center, Room A	

HALLOWEEN Social Line Dance

Please join us for an event filled with fun, music, Halloween costumes, and line dancing!!! Pay at the door.

Class # 30064	Oct 31	F	1:00pm - 4:00pm
\$10	Susie Okada	Mastick Senior Center, Social Hall	

Hula

If you're new to hula or would like to refresh your skills, this class is for you! Hawaiian dance is an excellent exercise for everyone. As you dance, learn about Hawaiian stories, language and culture. Beginner dancer's group comes at 11:30am - 12:20pm. Advanced dancer's group comes at 12:30pm - 1:20pm. Wear comfortable stretch clothing to allow for ease of movements. Join us for fun and aloha! No class 11/11, 11/25.

Class # 30230	Sep 9 - Dec 16	Tu	11:30am - 1:20pm
\$133	Island Hawaiian Studios	Mastick Senior Center, Room A	



DANCE & ENRICHMENT - ADULTS 50+

Line Dancing – Absolute Beginners (Level 1)

For those who are brand new to line dance. You will learn basic steps, sequencing and terminology for your foot movements, and step-by-step instructions for each dance. Come join us in activating your body & mind with music!

Class # 30052	Sep 3 - Sep 24	W	9:30am - 10:30am
\$37	Susie Okada	Mastick Senior Center, Social Hall	
Class # 30053	Oct 1 - Oct 29	W	9:30am - 10:30am
\$45	Susie Okada	Mastick Senior Center, Social Hall	
Class # 30054	Nov 5 - Nov 19	W	9:30am - 10:30am
\$28	Susie Okada	Mastick Senior Center, Social Hall	
Class # 30055	Dec 3 - Dec 17	W	9:30am - 10:30am
\$28	Susie Okada	Mastick Senior Center, Social Hall	

Line Dancing – Beginners (Level 2)

Designed for beginners & returning beginners who have experience with basic steps and want to continue learning more steps & dances.

Class # 30056	Sep 8 - Sep 29	M	12:30pm - 2:00pm
\$37	Susie Okada	Mastick Senior Center, Social Hall	
Class # 30057	Oct 6 - Oct 27	M	12:30pm - 2:00pm
\$37	Susie Okada	Mastick Senior Center, Social Hall	
Class # 30058	Nov 3 - Nov 17	M	12:30pm - 2:00pm
\$28	Susie Okada	Mastick Senior Center, Social Hall	
Class # 30059	Dec 1 - Dec 15	M	12:30pm - 2:00pm
\$28	Susie Okada	Mastick Senior Center, Social Hall	

Line Dancing – High Beginners (Level 3)

Class for line dancers who have mastered the basic steps & movements. New movements and more complex steps will be added along with additional step patterns, syncopation, and various rhythm. High beginners will feature varying degrees of challenge.

Class # 30060	Sep 3 - Sep 24	W	11:00am - 12:30pm
\$37	Susie Okada	Mastick Senior Center, Social Hall	
Class # 30061	Oct 1 - Oct 29	W	11:00am - 12:30pm
\$45	Susie Okada	Mastick Senior Center, Social Hall	
Class # 30062	Nov 5 - Nov 19	W	11:00am - 12:30pm
\$28	Susie Okada	Mastick Senior Center, Social Hall	
Class # 30063	Dec 3 - Dec 17	W	11:00am - 12:30pm
\$28	Susie Okada	Mastick Senior Center, Social Hall	

DONATE NOW!
Support Alameda Parks



Michele's Soul Hustle Dance Class

Michele's Soul Hustle Dance Class is a beginning level dance class. You will learn current, vintage, and popular dances like the Electric Slide and Cupid Shuffle! It's fun for everyone!

Class # 30050	Sep 2 - Oct 28	Tu	3:15pm - 4:30pm
\$57	Michele Germany	Mastick Senior Center, Social Hall	
Class # 30051	Nov 4 - Dec 30	Tu	3:15pm - 4:30pm
\$57	Michele Germany	Mastick Senior Center, Social Hall	

Square Dance

Class is ongoing. Suggested donations \$2 per class.

Class # 30321	Sep 8 - Dec 29	M	1:30pm - 3:00pm
Free	Charles Clay	Mastick Senior Center, Room A	

ENRICHMENT

Book Club

Contact rcastrillon@alamedaca.gov or call (510) 747-7511 to join Mastick's Zoom-Book Club. Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins. Join us the first Tuesday of each month.

Class # 30457	Sep 2 - Dec 2	1st Tu	12:15pm - 1:30pm
Free - Must register		Via Zoom	

Caretaker Fraud

We will discuss the scope of the problem, the types of caretaker fraud, the factors leading to this, how stealing is rationalized by the offender, ways to prevent it, and what to do if suspected or detected.

Class # 30100	Sep 18 - Sep 18	Th	11:00am - 12:30pm
Free - Must register	William Smith	Mastick Senior Center, Room D	

Charity Scams

We will discuss the types of charity frauds, the scope of the problem, how the scams work, the warning signs, and ways to determine if solicitation is from a legitimate charitable organization. Also, what to do if you become a victim of charity fraud.

Class # 30108	Dec 17 - Dec 17	W	11:00am - 12:30pm
Free - Must register	William Smith	Mastick Senior Center, Room D	

Coming Fully Alive as You Age

Explore the positives of aging and ways to have a happy life in the later years. Classes include Finding Meaning in Life; Being Fully Alive for Body, Mind, and Spirit; Aging as a Spiritual Journey; and The Uplifting Power of Humor, Pets, and Art. It incorporates new research on the Blue Zones of the world. No class 9/15.

Class # 30162	Sep 8 - Oct 13	M	1:00pm - 2:15pm
\$53	Judith Pruess-Mellow	Mastick Senior Center, Room D	

Conversational Spanish

Learn reading, writing, listening, grammar and listening while enjoying Spanish as a second language. No class 9/1.

Class # 30414	Aug 18 - Oct 13	M	10:30am - 11:45am
\$63	Juanita Palkovic	Mastick Senior Center, Room D	
Class # 30415	Nov 3 - Dec 22	M	10:30am - 11:45am
\$63	Juanita Palkovic	Mastick Senior Center, Room D	

Diabetes Support Group

If you or someone you love has diabetes, consider joining the Diabetes Support Group, provided by the Alameda County Public Health Department Diabetes Program. For more information, call 510-383-5185. To join this group every fourth Wednesday of each month at Mastick Senior Center, call 510-747-7500.

Class # 30467	Sep 24 - Dec 24	W	10:00am - 12:00pm
Free		Mastick Senior Center, Room D	

Fake Invoice & Delivery Attempt Scams

Learn how scammers use fake emails and websites to deceive people into revealing personal information and obtain money illegally, by claiming they owe a debt they don't have, or they already paid.

Class # 30106	Nov 19	W	11:00am - 12:30pm
Free - Must register	William Smith	Mastick Senior Center, Room D	

French Conversation

Free, Ongoing. Basic knowledge of French language required. No class 11/28.

Class # 30473	Sep 5 - Dec 26	F	11:10am - 12:00pm
Free - Must register		Mastick Senior Center, Room E	

French Translation - Intermediate

Ongoing. French to English translation. Text used in class: "Great Short Stories of the Twentieth Century" edited & translated by Jennifer Wagner. Edition: "Les Grandes Nouvelles du Vingtieme Siecle".

Class # 30475	Sep 5 - Dec 26	F	10:00am - 11:00am
Free - Must register		Mastick Senior Center, Room E	

German Conversation

Ongoing. Conversation club for near native speakers. Please call (510)747-7500 to register and receive the Zoom link.

Class # 30478	Sep 8 - Dec 29	M	1:00pm - 3:00pm
Free - Must register		Mastick Senior Center, Media Room	

Internet Fraud & Artificial Intelligence

We will discuss the most common on-line scams, how scammers use fake banking and shopping websites, like Amazon, to make unauthorized purchases and bank withdrawals. We will also go over fake emails, such as there is something wrong with your computer, as well as technical support scams that are designed to steal sensitive information. Furthermore, we will discuss the proper usage of Artificial Intelligence (AI), the exploitation of AI by fraudsters, and the most common AI driven scams, especially voice-cloning.

Class # 30103	Oct 29	W	11:00am - 12:30pm
Free - Must register	William Smith	Mastick Senior Center, Room D	

IRS Fraud

We will discuss IRS imposter fraud, the types of IRS scams, and the methods scammers use to obtain the personal information that's needed to defraud unsuspecting taxpayers. We will also discuss suspicious calls from the IRS, and how to determine if caller is an IRS employee. We will also discuss how to determine if a suspicious letter from the IRS is authentic and other preventative measures.

Class # 30105	Nov 5	W	11:00am - 12:30pm
Free - Must register	William Smith	Mastick Senior Center, Room D	



Italian Conversation

Italian speakers of differing levels of fluency, meet to practice Italian conversation skills through reading, translation, and discussion. No formal instruction. Participants should speak and write at least at a beginning level (for example, understand basic verb tenses). No class 11/28.

Class # 30006	Sep 5 - Dec 19	F	10:00am - 12:00pm
Free - Must register		Mastick Senior Center, Room D	

Nursing Homes – What to Know & How to Select One

We will go over the types of nursing homes, the significance of short and long term stays, what Medicare will and won't pay, understaffing and how it impacts residents, and how to select a facility if there is a need for someone.

Class # 30101	Sep 25	Th	11:00am - 12:30pm
Free - Must register	William Smith	Mastick Senior Center, Room D	

Romance Scams

We will discuss why seniors are targeted by scammers, and go over the types of romance scams, most common lies used by fraudsters, warning signs of a scam, and things to do before meeting a suitor or sending money.

Class # 30107	Dec 3	W	11:00am - 12:30pm
Free - Must register	William Smith	Mastick Senior Center, Room D	

Senior Connections – Support & Services

Senior Connections, Support & Services is a place for seniors to meet with the Senior Connections-Case Manager to share their life concerns, ask questions and get practical solutions. The Case Manager will provide resources, referrals, information and guidance to assist with navigating through some of life's complex issues. The Senior Connections Program is provided by Alameda Family Services and funded in part by the Mastick Senior Center Advisory Board. Registration required, call (510) 747-7505. No class 11/11, 11/27, 12/25.

Class # 30515	Sep 2 - Dec 31	Tu W Th	9:00am - 3:00pm
Free - Must register		Mastick Senior Center, Office	

Social Security Scams

We will discuss schemes involving Social Security impersonations and why seniors are targeted. We will also discuss the methods scammers use to obtain credit cards in the recipient's name, how scammers can obtain their benefits, their tax refunds and other social security identity thefts.

Class # 30104	Oct 15	W	11:00am - 12:30pm
Free - Must register	William Smith	Mastick Senior Center, Room D	



Spanish - Beginning

A second language is always an asset and Spanish is one of the most practical. Full class participation in reading, writing, listening, vocabulary and grammar while learning Spanish. No class 9/1.

Class # 30416	Aug 18 - Oct 13	M	9:00am - 10:00am
\$63	Juanita Palkovic	Mastick Senior Center, Room D	
Class # 30417	Nov 3 - Dec 22	M	9:00am - 10:00am
\$63	Juanita Palkovic	Mastick Senior Center, Room D	

Spoken Chinese Mandarin

This class is for those who would like to learn Mandarin and Chinese culture. Language knowledge is always useful and will help to understand the culture better. No class 11/11.

Class # 30481	Sep 9 - Dec 30	Tu	1:00pm - 2:30pm
\$93	Mastick Senior Center, Room D		

Telephone Texting Scams

We will discuss telephone texting scams, and how fake voice texts and notification of suspicious activity alerts are used to make unauthorized purchases and bank withdrawals.

Class # 30102	Oct 1	W	11:00am - 12:30pm
Free	William Smith	Mastick Senior Center, Room D	

Writing Your Legacy Story

Writing Your Legacy Story is part of your journey to understand who you are. Drawing on relationships, experiences, values, hopes, achievements, lessons, writing your Legacy Story can clarify your purpose in life, and explore changes you want to make. No class 11/3.

Class # 30161	Oct 27 - Nov 24	M	1:00pm - 2:15pm
\$48	Judith Pruess-Mellow	Mastick Senior Center, Room D	

FITNESS

Balance, Mobility, & Stability

Join fellow seniors in a welcoming environment to learn how to feel safe when moving from place to place. Practice gentle movements that will help improve your balance, mobility, and stability. This class may also decrease your probability of falling and prevent injury. Exercises for strength and flexibility will be featured. Soft ambient music will be played during the session.

Class # 30354	Sep 8 - Oct 27	M	10:00am - 10:50am
\$91	Tatiana Stollman	Mastick Senior Center, Social Hall	
Class # 30355	Nov 3 - Dec 15	M	10:00am - 10:50am
\$80	Tatiana Stollman	Mastick Senior Center, Social Hall	

BaM – Balance and Mobility

Improve balance, stability, mobility, and posture through core strengthening. Increase whole body strength to improve coordination (neuromuscular facilitation) and to assist in fall and injury prevention and recovery. No class 11/11.

Class # 30411	Nov 4 - Dec 16	Tu	12:15pm - 1:05pm
\$51	Dan Mark	Mastick Senior Center, Social Hall	

Chair Yoga

This gentle form of yoga is practiced sitting in a chair or standing using the support of a chair. Relax your body and ease stress while building strength and flexibility. A breathing session is done at the end of each session.

Class # 30358	Sep 8 - Oct 27	M	11:00am - 12:00pm
\$91	Tatiana Stollman	Mastick Senior Center, Social Hall	
Class # 30359	Nov 3 - Dec 15	M	11:00am - 12:00pm
\$80	Tatiana Stollman	Mastick Senior Center, Social Hall	

Enhance Fitness – by Spectrum Community Services

This evidence-based program is 60 minutes of dynamic comprehensive workout including cardiovascular exercise, strength training, balance, and flexibility. Open to varying levels of fitness. Optional cuff weights will be available. A certified instructor, who has completed Enhance Fitness training, will safely lead the class that can be done from seated or standing, with modifications demonstrated. Appropriate for those who can walk independently, even with assistive devices. Registrants must be 60 or older to join. Suggested Contribution: \$42. Please REGISTER DIRECTLY with Spectrum at (510) 876-8809, or visit www.spectrumcs.org/senior-services/fall-risk-reduction. No class 11/18.

Class # 30421	Sep 5 - Sep 22	M F	10:45am - 11:45am
Free		Mastick Senior Center, Room A	
Class # 30422	Oct 3 - Dec 26	M F	10:45am - 11:45am
Free		Mastick Senior Center, Room A	

Fitness with Kendra

Fun full body workout that includes stretching, strength, balance, and low impact cardio with light weights and a chair. All moves can be modified for all fitness levels, are completed at your own pace, and are set to fun music. Chairs and weights provided.

Class # 30334	Sep 4 - Sep 25	Th	11:45am - 12:45pm
\$42	Kendra Meuser	Mastick Senior Center, Social Hall	
Class # 30335	Oct 2 - Oct 30	Th	11:45am - 12:45pm
\$51	Kendra Meuser	Mastick Senior Center, Social Hall	
Class # 30337	Nov 6 - Nov 20	Th	11:45am - 12:45pm
\$32	Kendra Meuser	Mastick Senior Center, Social Hall	
Class # 30338	Dec 4 - Dec 18	Th	11:45am - 12:45pm
\$32	Kendra Meuser	Mastick Senior Center, Social Hall	

Get Balanced @ Waters Edge Lodge

Created by a team of physical therapists, this class is proven to prevent falls. Learn exercises for vision and vestibular systems, strength, flexibility, proprioception, and quick reflexes. No class 9/1, 12/24, 12/31, 1/19.

Class # 30433	Aug 4 - Oct 27	M W	11:00am - 12:00pm
\$125	AES Therapy & Fitness	Water's Edge Lodge 801 Island Dr	
Class # 30434	Aug 4 - Oct 27	M W	2:30pm - 3:30pm
\$125	AES Therapy & Fitness	Water's Edge Lodge 801 Island Dr	
Class # 30436	Nov 17 - Feb 11	M W	11:00am - 12:00pm
\$125	AES Therapy & Fitness	Water's Edge Lodge 801 Island Dr	
Class # 30437	Nov 17 - Feb 11	M W	2:30pm - 3:30pm
\$125	AES Therapy & Fitness	Water's Edge Lodge 801 Island Dr	

Mastick Volunteer Walking Group

Meet friends at the Fruitvale BART Station (unless otherwise noted) to explore the greater Bay Area on public transit. Wear walking shoes, dress in layers, bring water and lunch (purchasing lunch optional, depending on destination). Fun and exercise guaranteed! Schedule provided upon registration.

Class # 30493	Sep 8 - Dec 29	M	9:30am - 3:00pm
Free	Sheila Shener	Fruitvale BART or TBA	

Pilates – In Person & via Zoom

Pilates is designed to develop muscle strength, balance, and tone. Controlled breathing and proper body alignment are key. Session includes standing, sitting, and lying down positions and covers all core areas including legs, glutes, and arms. Yoga-type mat, comfortable clothing, water bottle. Props included.

Class # 30405	Sep 10 - Oct 29	W	9:00am - 10:00am
\$91	Tatiana Stollman	Mastick Senior Center, Room A	
Class # 30407	Nov 5 - Dec 17	W	9:00am - 10:00am
\$80	Tatiana Stollman	Mastick Senior Center, Room A	



Pole Walking for Exercise & Maintaining Mobility

Pole Walking is a whole-body exercise! Feel taller and more confident! Join us to learn vital, lifelong skills that reduce fall risk, improves your balance, endurance, walking gait, strength, spine function, and longevity. Quality poles provided.

Class # 30248	Oct 10	F	9:00am - 12:00pm
\$42	Jayah Paley	Mastick Senior Center, Social Hall	

RaM – Resistance and Movement

Resistance and Movement (RaM) takes the basic premise of Balance and Mobility (BaM) and adds another dimension with the use of dumbbells. While continuing with similar moves of BaM, RaM places more emphasis on resistance training to develop and gain strength and movement to improve and maintain flexibility and Range of Motion (ROM) to assist with daily movement and function. No class 11/27.

Class # 30413	Nov 6 - Dec 18	Th	2:00pm - 2:50pm
\$48	Dan Mark	Mastick Senior Center, Social Hall	

Strength Training and Cardio

Move to music and gain the benefits of resistance training designed to develop bone density, muscle mass, and endurance. Class easily modified for all fitness levels.

Class # 30409	Sep 10 - Oct 29	W	10:30am - 11:30am
\$91	Tatiana Stollman	Mastick Senior Center, Room A	
Class # 30410	Nov 5 - Dec 17	W	10:30am - 11:30am
\$80	Tatiana Stollman	Mastick Senior Center, Room A	

Walking Club

Go for a walking excursion around the lagoon with our personal trainer and take in the beautiful sights! No class 11/11.

Class # 30439	Sep 2 - Sep 30	Tu Th	9:30am - 10:30am
\$5	AES Therapy & Fitness	Water's Edge Lodge 801 Island Dr	
Class # 30440	Oct 2 - Oct 30	Tu Th	9:30am - 10:30am
\$5	AES Therapy & Fitness	Water's Edge Lodge 801 Island Dr	
Class # 30441	Nov 4 - Nov 25	Tu Th	9:30am - 10:30am
\$5	AES Therapy & Fitness	Water's Edge Lodge 801 Island Dr	

Yoga with Dina

Alignment-based yoga targets modified poses focusing on strength, flexibility, and balance. Synchronize your mind and body while having fun. Dress in layers, bring a yoga mat, strap, and blanket for relaxation/warmth. No class on 11/25, 11/27.

Class # 30205	Sep 2 - Oct 14	Tu	9:00am - 10:15am
\$80	Dina Hondrogen	Mastick Senior Center, Social Hall	
Class # 30206	Sep 4 - Oct 9	Th	10:00am - 11:15am
\$69	Dina Hondrogen	Mastick Senior Center, Social Hall	
Class # 30207	Oct 28 - Dec 23	Tu	9:00am - 10:15am
\$80	Dina Hondrogen	Mastick Senior Center, Social Hall	
Class # 30208	Oct 23 - Dec 18	Th	10:00am - 11:15am
\$91	Dina Hondrogen	Mastick Senior Center, Social Hall	

Zumba Gold

Zumba Gold is a modified version of regular Zumba dance classes, designed for older active adults, beginners and everyone else who wants to keep active at a lower intensity. Zumba Gold includes a medley of dance styles, including merengue, cha-cha, cumbia, belly dance, rumba, tango and salsa.

Class # 30427	Sep 4 - Sep 25	Th	1:30pm - 2:30pm
\$43	Anna Gardner	Mastick Senior Center, Room A	
Class # 30429	Oct 2 - Oct 23	Th	1:30pm - 2:30pm
\$43	Anna Gardner	Mastick Senior Center, Room A	
Class # 30430	Nov 6 - Nov 20	Th	1:30pm - 2:30pm
\$33	Anna Gardner	Mastick Senior Center, Room A	
Class # 30431	Dec 4 - Dec 18	Th	1:30pm - 2:30pm
\$33	Anna Gardner	Mastick Senior Center, Room A	

Zumba Gold Toning

Zumba Gold Toning is a lower-intensity version of Zumba Gold. It is a low-impact fitness class with simple moves, which makes it perfect for older adults and low fitness participants. Zumba Gold Toning combines Zumba Gold Fitness with Zumba Toning Sticks or light hand weights to enhance muscle strength, tone and endurance. Equipment provided.

Class # 30423	Sep 2 - Sep 30	Tu	1:30pm - 2:30pm
\$53	Anna Gardner	Mastick Senior Center, Social Hall	
Class # 30424	Oct 7 - Oct 21	Tu	1:30pm - 2:30pm
\$33	Anna Gardner	Mastick Senior Center, Social Hall	
Class # 30425	Nov 4 - Nov 18	Tu	1:30pm - 2:30pm
\$23	Anna Gardner	Mastick Senior Center, Social Hall	
Class # 30426	Dec 2 - Dec 16	Tu	1:30pm - 2:30pm
\$33	Anna Gardner	Mastick Senior Center, Social Hall	

FOOD PROGRAMS

Lunch Served DAILY

Monday - Friday	12:00pm	Dining Room opens at 11:45am
Reservations required	Call (510) 747-7503 to make a reservation	
Eligibility Requirement	Age 60+	\$4 Donation

Mercy Brown Bag Program

Thursdays (1st & 3rd)	8:30am
Eligibility Requirements	60+/Income limits
For information, call (510) 534-8540	

HOBBIES & INTERESTS

Bridge

No pressure to play and all levels of experience are welcome. Have fun!
For Information call (510)747-7500. No class 11/28.

Class # 30460	Sep 5 - Dec 26	F	12:00pm - 2:00pm
Free	Mastick Senior Center, Game Room		

Mah-Jong - Easy Beginner - NEW!

Learn how to play basic HONG KONG style mahjong and meet new friends. Mahjong is a popular multi-player game played around the world to help boost mental stimulation and foster social activity.

Class # 30432	Oct 1 - Oct 29	W	1:00pm - 2:30pm
\$23	Mastick Senior Center, Game Room		

Scrabble

For Information call (510)747-7500.

Class # 30489	Sep 4 - Dec 18	Th	1:00pm - 3:00pm
Free	Mastick Senior Center, Game Room		

Cancellation, Withdrawal & Transfer Policy:

- Some specialty camps or programs may have different policies and service fees. Please refer to the description or details for any specific program prior to registration.
- A \$20 service fee applies to any changes or transfers made after your original registration.

INSTRUCTIONAL PROGRAMS

Teens Teaching Technology

This program is a collaboration between the Mastick Senior Center and the ARPD Teen Programs. Teens will meet at the Mastick Senior Center computer lab (1155 Santa Clara Ave, Alameda, Room C) and assist Mastick members with their electronic devices. Devices can include, but are not limited to, iPhones, Android smartphones, assorted cell phones, tablets (iPads & Android), and laptops. Program hours count towards required community service. No class 10/2, 10/16.

Class # 30498	Sep 4 - Dec 18	1st & 3rd Th	4:00pm - 5:00pm
Free	Mastick Senior Center, Room C		

SPORTS

Bocce Ball

Ongoing.

Class # 30454	Sep 4 - Dec 18	Th	9:00am - 3:00pm
Free	ARPD Staff	Mastick Senior Center, Bocceball Court	

Table Tennis

Ongoing. Must be a Mastick Senior Center Member prior to participating. Join us for a friendly game of table tennis and improve your hand-eye coordination, reflexes, balance, brain fitness, while gaining muscle and cardio endurance. This game is easy on the joints, burns calories, and guarantees giggles with friends.

Class # 30495	Sep 5 - Dec 29	M F	9:00am - 3:00pm
Free	Mastick Senior Center, Dining Room 2		



WELLNESS

Qigong - Introduction

Qigong is an ancient discipline that includes visualization, mindfulness, and focused breathing. It is practiced to balance emotions, improve health, and enhance the mind, body, and spirit. Class easily modified for all fitness levels. No class on 12/13, 12/17, 12/30 & 1/3/2026.

Class # 30310	Sep 2 - Oct 7	Tu	10:00am - 11:00am
\$72	Robert Dorsett	Mastick Senior Center, Room A	
Class # 30245	Sep 6 - Oct 11	Sa	10:00am - 11:00am
\$72	Robert Dorsett	Mastick Senior Center, Room A	
Class # 30311	Oct 14 - Nov 25	Tu	10:00am - 11:00am
\$72	Robert Dorsett	Mastick Senior Center, Room A	
Class # 30246	Oct 18 - Nov 22	Sa	10:00am - 11:00am
\$72	Robert Dorsett	Mastick Senior Center, Room A	
Class # 30312	Dec 2 - Jan 20	Tu	10:00am - 11:00am
\$72	Robert Dorsett	Mastick Senior Center, Room A	
Class # 30247	Dec 6 - Jan 24	Sa	10:00am - 11:00am
\$72	Robert Dorsett	Mastick Senior Center, Room A	

Qigong - Advanced

Designed for more seasoned Qigong students or those who have taken Qigong at Mastick or somewhere else, previously. We will review and practice everything learned in Robert's Tuesday - class, refine those exercises and add more as time permits. No class on 12/27 & 1/3.

Class # 30313	Sep 4 - Oct 9	Th	10:00am - 11:00am
\$72	Robert Dorsett	Mastick Senior Center, Room A	
Class # 30316	Sep 6 - Oct 11	Sa	11:15am - 12:15pm
\$72	Robert Dorsett	Mastick Senior Center, Room A	
Class # 30314	Oct 16 - Nov 20	Th	10:00am - 11:00am
\$72	Robert Dorsett	Mastick Senior Center, Room A	
Class # 30317	Oct 18 - Nov 22	Sa	11:15am - 12:15pm
\$72	Robert Dorsett	Mastick Senior Center, Room A	
Class # 30315	Dec 4 - Jan 22	Th	10:00am - 11:00am
\$72	Robert Dorsett	Mastick Senior Center, Room A	
Class # 30318	Dec 6 - Jan 24	Sa	11:15am - 12:15pm
\$72	Robert Dorsett	Mastick Senior Center, Room A	

Tai Chi for Arthritis - Fall Prevention

This evidence-based program has been shown to reduce falls, build confidence, improve balance, increase muscular strength & flexibility, and decrease pain. Beginners welcome. Dress comfortably. Wear shoes for exercise. Be committed to attending the entire series.

Class # 30444	Sep 15 - Nov 24	M W	1:00pm - 2:00pm
Free	Mastick Senior Center, Room E		



Yoga for Bone Health

Yoga promotes bone health for people with osteopenia or osteoporosis and for people who want to avoid developing those conditions. Suitable for people with all levels of yoga experience, including none. No class 11/11.

Class # 30241	Sep 9 - Oct 28	Tu	5:15pm - 6:30pm
\$83	Leah Orloff	Mastick Senior Center, Social Hall	
Class # 30242	Sep 10 - Oct 29	W	3:00pm - 4:15pm
\$83	Leah Orloff	Mastick Senior Center, Social Hall	
Class # 30243	Nov 4 - Dec 23	Tu	5:15pm - 6:30pm
\$73	Leah Orloff	Mastick Senior Center, Social Hall	
Class # 30244	Nov 5 - Dec 24	W	3:00pm - 4:15pm
\$83	Leah Orloff	Mastick Senior Center, Social Hall	

WORKSHOPS

Transportation 101 & Clipper Card for Seniors

Liz Escobar, the Paratransit Coordinator, will present various transportation options available to Alameda residents. Bring your questions. Do you need a Clipper Card? Do you have questions about Clipper Cards? Kim Ridgeway from AC Transit will answer all your Clipper Card questions. If you plan to receive a Senior Clipper Card, you must present an ID with your birthday to verify that you are age 65+. Please register for this class. It will be cancelled 24 hours prior to the workshop if there are not 5 confirmed attendees.

Class # 30516	Sep 5	F	10:00am - 12:00pm
Free - Must register		Mastick Senior Center, Media Room	
Class # 30586	Oct 3	F	10:00am - 12:00pm
Free - Must register		Mastick Senior Center, Media Room	
Class # 30587	Nov 7	F	10:00am - 12:00pm
Free - Must register		Mastick Senior Center, Media Room	
Class # 30588	Dec 12	F	10:00am - 12:00pm
Free - Must register		Mastick Senior Center, Media Room	

REGISTRATION

HOW TO REGISTER

Register Online

- www.alamedaca.gov/recreation
- To get started, sign in with your email address
- If you do not have an account, just follow the instructions on the screen to create a new one. Be sure to add your family members as well.
- If you have forgotten your password, sign in with your email address and click on the "Forgot My Password" link. You will receive an email shortly. Follow the instructions in the email to reset your password.
- Contact ARPD Staff during regular business hours if you lock yourself out of your online account or if you need to make any changes to your account.

By Email

- arpd@alamedaca.gov

By Mail or In Person

- **Alameda Recreation and Park Department (ARPD)**
2226 Santa Clara Ave, Alameda, CA 94501
- **Mastick Senior Center**
1155 Santa Clara Ave, Alameda, CA 94501

By Phone

- **ARPD:** (510) 747-7529
- **Mastick:** (510) 747-7500

Registration Policies

- **Full payment is due at the time of registration.** Checks payable to ARPD. American Express, Discover, MasterCard or VISA accepted. NO REFUNDS, CREDITS OR MAKE-UPS FOR ANY CLASS YOU MISS.
- **Late Pick-Ups** – there is a late fee of \$1 per minute per child for every minute you are late picking up your child/children from programs/classes – payable that day.
- **Cancellation, Withdrawal & Transfer Policy:**
 - Some specialty camps or programs may have different policies and service fees. Please refer to the description or details for any specific program prior to registration.
 - A \$20 service fee applies to any changes or transfers made after your original registration.

DONATE NOW! Support Alameda Parks



FINANCIAL ASSISTANCE

ARPD is providing Financial Assistance for families who qualify.
Up to 75% in assistance is available for Youth Programs, Camps and Classes.

To learn more, or to apply, please visit our website:
www.alamedaca.gov/recreation. Printed copies of our Financial Assistance Program Procedures and Application are available at the ARPD office during regular business hours.

JOIN OUR TEAM!



**PART-TIME RECREATION
POSITIONS AVAILABLE**
www.alamedaca.gov/recreation

FACILITIES & PARKS

ARPD MAIN OFFICE

2226 Santa Clara Ave., Alameda, CA 94501

510-747-PLAY (7529), ARPD@alamedaca.gov

Park and Facility Issues: after hours 510-775-5459

Field Condition Hotline: after 2pm 510-747-7540

Website: www.alamedaca.gov/recreation

Facebook: www.facebook.com/playARPD

ENJOY
ALL THAT THE
CITY OF
ALAMEDA
HAS TO
OFFER!

Alameda Point Gym & Multi-Purpose Field

1101 West Redline Avenue

Bayport Park

301 Jack London Avenue

510-263-1428

Bill Osborne Model Airplane Field

7150 Doolittle Drive

Bohol Circle Immigrant Park

2901 5th Street

Chochenyo Park

2430 Encinal Avenue

City View Skate Park

(Alameda Point)

1101 West Redline Avenue

Corica Park

1 Clubhouse Memorial Drive

510-747-7800

Emma Hood Swim Center

2256 Alameda Avenue

Encinal Boat Ramp

150 Central Avenue

Encinal Swim Center

230 Central Avenue

510-522-4590

Estuary Park

201 Mosley Avenue

Franklin Park

1432 San Antonio Avenue

510-522-3132

Godfrey Park

281 Beach Road

510-521-1551

Grand Street Boat Ramp

North End of Grand Street

Harrington Field

3400 Oleander Avenue

Jean Sweeney Open Space Park

1925 Sherman Street

Krusi Park

3001 Otis Drive

510-522-4341

Leydecker Park

3221 Mecartney Road

510-521-1266

Memorial Bench/Table

Memorial Benches and Picnic Tables are a beautiful way to acknowledge and celebrate the life and legacy of a departed loved one. The Alameda Recreation and Park Department is able to assist you with your request.

Lincoln Park/Harrison Center

1450 High Street

510-865-0603

Littlejohn Park

1422 Buena Vista Avenue

Longfellow Park

520 Lincoln Avenue

510-522-5262

Main Street Dog Park

Main Street & Navy Way

Main Street Linear Park

200 Main Street

Main Street Soccer Field

Main Street & Appezatto Parkway

Marina Cove Waterfront Park

1591 Clement Avenue

Marina Village Park

1011 Pacific Marina

Mastick Senior Center

1155 Santa Clara Avenue

510-747-7500

McKinley Park

2165 Buena Vista Avenue

510-522-6161

Neptune Park

2000 Webster Street

O'Club

641 West Redline Avenue

Portola Triangle Park

800 Portola Avenue

Rittler Park

1700 Otis Drive

Seaplane Lagoon Promenade

1801 Ferry Point

Shoreline Park

198 Packet Landing Road

Tillman Park

220 Aughinbaugh Way

510-521-8307

Towata Park

3315 Bridgeview Isle

Underground Teen Center

Veteran's Memorial Building, Rm 170

510-748-9466

Veteran's Memorial Building

2203 Central Avenue

Washington Dog Park

Next to Washington Park

Tennis Courts

Washington Park

1300 8th Street

510-521-0162

Whale Park

151 Coronado Avenue

Woodstock Park

355 Cypress Street

510-521-0656



Alameda Recreation and Park Department
2226 Santa Clara Avenue
Alameda, CA 94501

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City Of Alameda

48TH ANNUAL

4TH OF JULY PARADE

Happy Birthday USA!

Have A Star-Spangled Day!

Friday, July 4, 2025–10:00 am

Parade starts at the
corner of Park Street &
Lincoln Ave, Alameda
www.alamedaca.gov



Many Thanks To Our 4th of July Parade Sponsors

Red Sponsorship Level

- ★ Alameda Municipal Power
- ★ United States Coast Guard

White Sponsorship Level

- ★ Alameda County Industries
- ★ San Francisco Bay Ferry

Blue Sponsorship Level

- ★ Bay Ship & Yacht Co.
- ★ Dance 10 Performing Arts Center
- ★ Friends of the Parks Foundation
- ★ Jim's Coffee Shop
- ★ Kiwanis Club of Alameda